1 Thin Dime (一個銅板) (zh)

拍數: 64 **牆數:** 4 **級數:** Improver

編舞者: Michele Perron (CAN)

音樂: One Thin Dime - Nancy Hays

第一段 **HEEL, HOOK, HEEL, HOLD, HEEL/STEP, BEHIND, SIDE, HOLD**
踵, 勾, 踵, 候, 踵踏, 後, 側, 候

1-2 Right heel forward, right heel hook/up across front of left shin
右足踵前踏, 右足踵於左小腿前交叉勾

3-4 Right heel forward, hold
右足踵前踏, 候

Lean to right on 5,6,7
Heel/step = place heel on floor rolling smoothly onto toe/ball
第5,6,7拍身體向左傾, 踵踏=以踵踏再慢慢放下趾部

5 Right heel/step to side right 右足右踵踏

6 Left step across and behind right 左足於左足後交叉踏

7-8 Right step to side right, hold 右足右踏, 候

第二段 **HEEL, HOOK, HEEL, HOLD, HEEL/STEP, BEHIND, SIDE, HOLD**
踵, 勾, 踵, 候, 踵踏, 後, 側, 候

1-2 Left heel forward, left heel hook/up across front of right
左足踵前踏, 左足踵於右足前交叉勾

3-4 Left heel forward, hold
左足踵前踏

Lean to left on 5,6,7
Heel/step = place heel on floor rolling smoothly onto toe/ball
第5,6,7拍身體向左傾, 踵踏=以踵踏再慢慢放下趾部

5 Left heel/step to side left
左足左踵踏

6 Right step across and behind left 右足於左足後交叉踏

7-8 Left step to side right, hold 左足左踏, 候

第三段 **WALK, HOLD, WALK, FORWARD, RECOVER, BACK, HOLD**
走, 候, 走, 前, 回復, 後, 候

1-2 Right step forward, hold 右足前踏, 候

3-4 Left step forward, hold 左足前踏, 候

5-6 Right rock/step forward, left recover/step back
右足前下沉, 左足後踏

7-8 Right step back, hold 右足後踏, 候

第四段 **BACK, HOLD, TURN, HOLD, SIDE, ACROSS, SIDE, HOLD**
後, 候, 轉, 候, 側, 交叉, 側, 候

1-2 Left step back, hold 左足後踏, 候

3-4 Execute ¼ turn left with right step, hold (9:00)
左轉90度右足踏, 候(面向9點鐘)

5-6 Left step to side left, right step across front of left
左足左踏, 右足於左足前交叉踏

7-8 Left step to side left, hold 左足左踏, 候

第五段 **TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD**
點, 候, 側, 候, 點, 候, 側, 候

On right touch: both arms draw circle to the right to 'point' hands across front of left and look left 右足趾點時：雙手向右畫圓, 指向左方看左邊
On left touch: both arms draw a circle to the left to 'point' hands across front of right and look right 左足趾點時：雙手向左畫圓, 指向右方看右邊

1-2 Right toe/touch across and behind left, hold
右足趾於左足後點, 候

3-4 Right step to side right, hold 右足右踏, 候

5-6 Left toe/touch across front of right, hold
左足趾於右足前點, 候

7-8 Left step to side left, hold 左足左踏, 候

第六段 TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD
點, 候, 側, 候, 點, 候, 側, 候

On right touch: both arms draw circle to the right to 'point' hands across front of left and look left 右足趾點時：雙手向右畫圓, 指向左方看左邊
On left touch: both arms draw a circle to the left to 'point' hands across front of right and look right 足趾點時：雙手向左畫圓, 指向右方看右邊

1-2 Right toe/touch across and behind left, hold
右足趾於左足後點, 候

3-4 Right step to side right, hold 右足右踏, 候

5-6 Left toe/touch across front of right, hold
左足趾於右足前點, 候

7-8 Left step to side left, hold 左足左踏, 候

第七段 ACROSS, HOLD, BACK, HOLD, TURN, HOLD, FORWARD, HOLD (SLOW JAZZ BOX)
交叉, 候, 後, 候, 轉, 候, 前, 候

1-2 Right step across front of left, hold
右足於左足前交叉踏, 候

3-4 Left step back, hold 左足後踏, 候

5-6 Execute ¼ turn right with right step, hold (12:00)
右轉90度右足踏, 候

7-8 Left step forward, hold 左足前踏, 候

第八段 ACROSS, BACK, TURN, (QUICK JAZZ BOX), HOLD, FORWARD HOLD, TOUCH, HOLD
交叉, 後, 轉, 候, 前候, 點, 候

1-2 Right step across front of left, left step back
右足於左足前交叉踏, 左足後踏

3-4 Execute ¼ turn right with right step, hold (3:00)
右轉90度右足踏, 候(面向3點鐘樓)

5-6 Left step forward, hold 左足前踏, 候

7-8 Right touch beside left, hold 右足併點, 候