Valentino (情人快樂) (zh)

拍數: 64 **牆數:** 4 **級數:** Intermediate

編舞者: Michele Burton (USA) & Michael Barr (USA) - 2010年03月

音樂: Valentino - Diane Birch : (CD: Bible Belt)

第一段 **Point, Forward, Rock-Return-Cross – Point, ½ Turn, Rock-Return-Cross**
點, 交叉, 下沉 回復 交叉, 點 1/2交叉, 左下沉 回復 交叉

1–2 Point R toe side right; Step R forward in front of L
右足趾右點, 右足於左足前交叉踏

3&4 Rock L side left; Return weight onto R in place; Step L forward in front of R 左足左下沉, 右足回復, 左足於右足前交叉踏

5–6 Point R toe side right; Turn ½ right ending with the R crossed over L
右足趾右點, 右轉180度右足於左足前交叉踏

7&8 Rock L side left; Return weight onto R in place; Cross L over R
左足左下沉, 右足回復, 左足於右足前交叉踏

第二段 **Kick-Ball-Cross X2 – 1/2 Turn Cross-Side-Cross, 1/4-Forward-1/2**
踢 併 交叉二次, 轉交叉交換, 1/4 踏 轉

1&2 Kick R to right diagonal; Step ball of R slightly back; Step L over R
右足右斜角踢, 右足略後踏, 左足於右足前交叉踏

3&4 Kick R to right diagonal; Step ball of R slightly back; Step L over R (prep for right turn)
右足右斜角踢, 右足略後踏, 左足於右足前交叉踏(準備右轉)

5&6 Turn ½ right in place crossing R over L; Step L side left; Cross R over L 右轉180度右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

7&8 Turn ¼ left stepping L forward; Step forward onto ball of R; Turn ½ left shifting weight onto L
左轉90度左足前踏, 右足前踏, 左轉180度重心在左足

第三段 **Scissor Cross Forward X2 – 1/4-Lock-Back, 1/2-Turn-Triple**
剪刀步二次, 1/4後鎖步, 轉交換

1&2 Step R side right; Step ball of L next to R; Step R forward in front of L 右足右踏, 左足併踏, 右足於左足前交叉踏

3&4 Step L side left; Step ball of R next to L; Step L forward in front of R (the two scissor steps move forward)
左足左踏, 右足併踏, 左足於右足前交叉踏

5&6 Turn ¼ left stepping back on R; Step (lock) L back over R; Step R back
左轉90度右足後踏, 左足於右足後鎖踏, 右足後踏

7&8 Turn ¼ left stepping L side left; Step R next to L; Turn ¼ left stepping L forward 左轉90度左足左踏, 右足併踏, 左轉90度左足前踏

第四段 **Rock, Return, 1/2-1/4-Cross – Syncopated Vine W/ 1/4 Scissor Turn**
下沉 回復, 1/2 1/4 交叉, 快速藤步, 1/4剪刀步

1–2 Rock forward on R; Return wt. to L in place
右足前下沉, 左足回復

3&4 Turn ½ right stepping R forward; Turn ¼ right stepping L side left; Cross R over left
右轉180度右足前踏, 右轉90度左足左踏, 右足於左足前交叉踏

5&6& Step L side left; Step R behind left; Step L side left; Cross R over left 左足左踏, 右足於左足後踏, 左足左踏, 右足於左足前交叉踏

7&8 Step L side left; Step R next to L turning ¼ right; Step L forward
左足左踏, 右轉90度右足併踏, 左足前踏

第五段 Walk Right, Left, 1/2 Turn Left – Syncopated Rock Steps, Coaster Step
走步-右, 左, 踏 轉, 下沉 回復 右下沉 回復, 海岸步

1–4 Walk R forward; Walk L forward; Step R forward; Turn ½ left taking weight onto L 右足前走, 左足前走, 右足前踏, 左轉180度重心在左足

5&6& Rock forward onto R; Return weight to L; Rock onto R side right; Return weight to L 右足前下沉, 左足回復, 右足右下沉, 左足回復

7&8 Step R back; Step L next to R; Step R forward
右足後踏, 左足併踏, 右足前踏

第六段 Walk Left, Right, 1/2 Turn Right – Syncopated Rock Steps, Coaster Step
走步-左, 右, 踏 轉, 下沉 回復 左下沉 回復, 海岸步

1–4 Walk L forward; Walk R forward; Step L forward; Turn ½ right taking weight onto R 左足前走, 右足前走, 左足前踏, 右轉180度重心在右足

5&6& Rock forward onto L; Return weight R; Rock onto L side left; Return weight to R 左足前下沉, 右足回復, 左足左下沉, 右足回復

7&8 Step L back; Step R next to L; Step L forward
左足後踏, 右足併踏, 左足前踏

第七段 Mambo Forward, Mambo Back – Forward 1/4 Right, Forward 1/4 Right
前曼波, 後曼波, 踏 反轉1/4 後踏, 後踏 轉1/4 踏

1&2 Rock forward onto R; Return weight to L; Step R slightly back
右足前下沉, 左足回復, 右足略後踏

3&4 Rock back onto L; Return weight to R; Step L slightly forward
左足後下沉, 右足回復, 左足略前踏

Option: 選擇版 A Charleston step works very well for ct. 1-4. Touch R forward; Step R back; Touch L back; Step L forward
1-4拍查爾斯頓步:右足前點, 右足後踏, 左足後點, 左足前踏

5&6 Step R forward; Turn ¼ right stepping L in place; Step R slightly back
右足前踏, 右轉90度左足踏, 右足略後踏

7&8 Step L back; Turn ¼ right stepping R in place; Step L slightly forward
左足後踏, 右轉90度右足踏, 左足略前踏

第八段 Mambo Forward, Mambo Back – Forward 1/4 Right, Forward 1/4 Right
前曼波, 後曼波, 踏 反轉1/4 後踏, 後踏 轉1/4 踏

1&2 Rock forward onto R; Return weight to L; Step R slightly back
右足前下沉, 左足回復, 右足略後踏

3&4 Rock back onto L; Return weight to R; Step L slightly forward
左足後下沉, 右足回復, 左足略前踏

5&6 Step R forward; Turn ¼ right stepping L in place; Step R slightly back
右足前踏, 右轉90度左足踏, 右足略後踏

7&8 Step L back; Turn ¼ right stepping R in place; Step L slightly forward
左足後踏, 右轉90度右足踏, 左足略前踏