Seasons In The Sun (陽光季節) (zh)

拍數: 0 **牆數:** 4 **級數:** Intermediate

編舞者: Cato Larsen (NOR) - 2010年07月

音樂: Seasons In the Sun - Terry Jacks

前奏： Intro: Start the dance on the word “Friend” in the intro. (8 seconds).

Part A: The main dance. A部份

第一段 **Left Mambo Step Forward, Right Mambo Step Back, Side Rock & Cross, 1/4 Monterey Turn. 前曼波, 後曼波, 左下沉 回復 交叉, 右點 右1/4**

1&2 Step forward on left (1), Rock (recover) weight back again onto right (&), Step back on left (2). [12:00]
左足前踏, 右足回復, 左足後踏(面向12點鐘)

3&4 Step back on right (3), Rock (recover) weight forward again onto left (&), Step forward on right (4). 右足後踏, 左足回復, 右足前踏

5& Step left to left side (5), Rock (recover) weight back again onto right (&). 左足左踏, 右足回復

6 Cross left over right (6). 左足於右足前交叉踏

7,8 Point right toe to right side (7), Pivot ¼ turn right Stepping left next to right (8). [3:00] 右足趾右點, 右軸轉90度左足併踏(面向3點鐘)

第二段 **Side Rock & Cross, 1/4 Pivot Turn Twice, Cross, Side Rock, Cross, Side Rock (Bota Fogas). 曼波交叉, 1/4 1/4, 交叉曼波, 交叉曼波**

1& Step left to left side (1), Rock (recover) weight back again onto right (&). 左足左踏, 右足回復

2 Cross left over right (2) 左足於右足前交叉踏

3 Pivot ¼ turn left Stepping back on right (3). [12:00]
左軸轉90度右足後踏(面向12點鐘)

4 Pivot ¼ turn left Stepping left to left side (4). [9:00]
左軸轉90度左足左踏(面向9點鐘)

5&6 Cross right over left (5), Step left to left side (&), Rock (recover) weight back again onto right (6).
右足左足前交叉踏, 左足左踏, 右足回復

7&8 Cross left over right (7), Step right to right side (&), Rock (recover) weight onto left (8). 左足於右足前交叉踏, 右足右踏, 左足回復

第三段 **Cross, Back, Side Shuffle, Cross, Side Rock, Cross.**
交叉 後, 右追步, 交叉, 右下沉 回復, 交叉

1,2 Cross right over left (1), Step back on left (2).
右足於左足前交叉踏, 左足後踏

3&4 Step right to right side (3), Step left next to right (&), Step right to right side (4). 右足右踏, 左足併踏, 右足右踏

5 Cross left over right (5). 左足於右足前交叉踏

6,7 Step right to right side (6), Rock (recover) weight back again onto left (7). 右足右踏, 左足回復

8 Cross right over left (8). 右足於左足前交叉踏

第四段 **Side, Touch, Side, Touch, Side Shuffle, Point Back, 1/2 Turn Unwind.**
左踏, 前點, 右踏, 前點, 左追步, 後點, 繞1/2

1,2 Step left to left side (1), Touch right toe across in front of left (2).
左足左踏, 右足趾於左足前點

3,4 Step right to right side (3), Touch left toe across in front of right (4). 右足右踏, 左足趾於右足前點

5&6 Step left to left side (5), Step right next to left (&), Step left to left side (6). 左足左踏, 右足併踏, 左足左踏

7,8 Point right toe back (7), Unwind ½ turn right Stepping down on right (8). [3:00] 右足趾後點, 右繞轉180度右足踏

Part B: The Seasons In The Sun part. B部份, 副歌

第一段 Walk Forward, Mambo Step, ½ Pivot Turn, Step, ½ Turn, Contra ½ Swivel Turn. 走, 前曼波, 轉 踏 轉 轉

1,2 Step forward on left (1), Step forward on right (2). [6:00]
左足前踏, 右足前踏(面向6點鐘)

3&4 Step forward on left (3), Rock (recover) weight back again onto right (&), Step back on left (4).
左足前踏, 右足回復, 左足後踏

5 Pivot ½ turn right Stepping forward on right (5). [12:00]
右軸轉180度右足前踏(面向12點鐘)

6,7 Step forward on left (6), Pivot ½ turn right (7). [6:00]
左足前踏, 右軸轉180度(面向6點鐘)

8 Pivot ½ turn right (contra) Stepping forward on left (8). [12:00]
右軸轉180度左足前踏(面向12點鐘)

第二段 Walk Forward, Mambo Step, ½ Pivot Turn, Step, ½ Turn, Contra ½ Swivel Turn. 前走, 前曼波, 1/2, 踏轉, 旋轉1/2

1,2 Step forward on right (1), Step forward on left (2).
右足前踏, 左足前踏

3&4 Step forward on right (3), Rock (recover) weight back again onto left (&), Step back on right (4). 右足前踏, 左足回復, 右足後踏

5 Pivot ½ turn left Stepping forward on left (5). [6:00]
左軸轉180度左足前踏(面向6點鐘)

6,7 Step forward on right (6), Pivot ½ turn left (7). [12:00]
右足前踏, 左軸轉180度(面向12點鐘)

8 Pivot ½ turn left (contra) Stepping forward on right (8). [6:00]
左軸轉180度右足前踏(面向6點鐘)

Part C: C部份

Walk Around Full Turn Over 6 Counts. 6拍走步轉圈

1-6 Walk around a full turn in a circle. 以6步走一圈

TAG: To be danced after wall 2 & 第二面牆結束時加拍

1,2 Step left to left side and Sway hips left (1), Sway hips right (2).
左足左踏左擺臀, 右擺臀