Spanish Lullaby (宮廷華爾滋) (zh)

拍數: 27 **牆數:** 2 **級數:** Improver

編舞者: Johanna Barnes (USA) & Zac Detweiller (USA)

音樂: A La Nanita Nana - The Cheetah Girls

第一段 RIGHT BACK, LEFT SIDE, RIGHT CROSS 右後, 左側, 右交叉

1 Right foot step back (reaching with toe)
右足後踏(以足趾先觸地)

2 Left foot step to left side (open body to 11:00)
左足左踏(身體面向11點鐘方向)

3 Right foot step across left foot (open body to 10:00)
右足於左足前交叉踏(身體面向10點鐘)

第二段 LEFT ¼ LEFT, RIGHT SIDE, LEFT BACK
左足左轉1/4, 右側, 左後

1 Left foot step forward ¼ left (face 9:00) (open body to 8:00)
左轉90度左足前踏 (面向9點鐘)(身體面向8點鐘)

2 Right foot step to right side (open body to 7:00)
右足右踏(身體面向7點鐘)

3 Left foot step back 左足後踏

第三段 RIGHT BACK, LEFT ¼ LEFT, RIGHT CROSS (WEAVE)
右後, 左轉1/4, 右交叉(藤步)

1 Right foot step back 右足後踏

2 Left foot step to the side ¼ left (face 6:00) (open body to 5:00)
左轉90度左足左踏 (面向6點鐘)(身體面向5點鐘)

3 Right foot step across left foot (open body to 4:00)
右足於左足前交叉踏(身體面向4點鐘)

第四段 LEFT ¼ LEFT, RIGHT ½ SWEEP LEFT
左轉1/4, 右轉1/2 左繞

1 Left foot step forward ¼ left, open to prep for sweep (face 3:00)
左轉90度左足前踏準備做繞的動作(面向3點鐘)

2-3 Right foot sweep ½ left, bringing right foot in front of left foot Weight stays on left (face 9:00)
右足以2拍左繞轉180度至左足前重心在左足(面向9點鐘)

第五段 RIGHT CROSS, LEFT ¼ RIGHT, RIGHT ¼ RIGHT (½ TURN TWINKLE)
右交叉, 左足右轉1/4, 右足右轉1/4(轉1/2交叉華士步)

1 Right foot step across left foot
右足於左足前交叉踏

2 Left foot step back ¼ right (face 12:00)
右轉90度左足後踏 (面向12點鐘)

3 Right foot step to the side ¼ right (face 3:00)
右轉90度右足右踏 (面向3點鐘)

第六段 LEFT FORWARD CHECK STEP, RIGHT RECOVER, LEFT SIDE
左前, 右回復, 左側

1 Left foot step forward and slightly across right foot, pushing into left foot 左足略於右足前交叉踏

2 Right foot recover weight (back onto right foot)
右足重心回復(右足在後)

3 Left foot step to left side (open body to 2:00)
左足左踏(身體向2點鐘)

第七段 RIGHT CROSS, LEFT ¼ RIGHT, RIGHT ½ RIGHT, LEFT STEP
右交叉, 左足右轉1/4, 右足右轉1/2, 左踏

1 Right foot step across left foot 右足於左足前交叉踏

2 Left foot step back ¼ right (face 6:00)
右轉90度左足後踏 (面向6點鐘)

& Right foot step ½ forward right (face 12:00)
右轉180度右足前踏 (面向12點鐘)

3 Left foot step forward 左足前踏

第八段 HOLD, 'GROW' ARMS WITH RIGHT ARM FORWARD, LEFT ARM BACK
候, 右手臂向前,左手臂向後

1-3 While holding foot position (left foot forward), raise right arm forward and left arm back (palms down) in contra-body position. Use a rounded movement to achieve a soft "growing effect." Also, slightly bend left knee compressing down, right foot is stretched back
候(左足在前), 右手伸向前&左手伸向後(手掌向下)

RESTART
The dance restarts by dropping off the last 3 counts (the ½ unwind/hold) at the end of the 3rd wall, and at the end of the 6th wall. You will start both the 3rd and 4th walls at your start wall (12:00) as well as the 6th and 7th walls
第三面牆和第六面牆跳至此從頭起跳, 都會從面向前面牆開始起跳

第九段 ARMS COLLECT WITH UNWIND ½ RIGHT, HOLD
手臂收回右轉180度, 候

1 ½ unwind right, bring both arms down (still using rounded movement), as you collect them in toward your body (collapse from elbows), leaving weight back on left foot, right toe will be pointed forward. (face 6:00)
右轉180度, 雙手用旋繞方式放下重心在左足, 右足趾前點

2-3 Hold 候
You may want to 'grow' your arms out to the sides to end and begin the dance again 以雙手向側伸展從頭起跳

END OF MUSIC:
Wall 7 slows down just before the syncopated ¾ right turn to 12:00 (counts 19-21). Match your dance steps to the music and finish by doing a slow ½ turn right and hold a pose
結束在第七面牆第七段為面回12點鐘方向, 配合音樂放慢轉180度, 候
This choreography is danced on angles. Think diagonals. To achieve this, turn the foot out as you take the step and angle your body toward that position. The first 6 counts comprise a partial left turning box. Think of following a diamond shape
這首舞曲大多以斜角度在編排, 跳這首舞曲時身體要轉面向斜角位置, 前6拍組成半個左轉的方塊, 試著想成是菱形的角度