Keywest (zh)



拍數: 48

牆數: 4

級數: Beginner

編舞者: Kate Sala (UK) & Robbie McGowan Hickie (UK) - 2008年12月

音樂: Key's in the Conch Shell - Kenny Chesney : (CD: Lucky Old Sun)

前奏: 32 Count Intro 32拍後起跳

- 第一段 Vine Right with Cross. Side Rock. Back Rock. 右華倫交叉, 側下沉, 後下沉
- 1-4 Step Right to Right side. Cross Left behind Right. Step Right to Right side. Cross step Left over Right.

右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

- 5–6 Rock Right out to Right side. Recover weight on Left. 右足右下沉, 左足回復
- 7-8 Rock back on Right. Rock forward on Left 右足後下沉, 左足前回復
- 第二段 Side Step Right. Touch. Side Step Left. Touch. Back Rock. 2 x Walks Forward Right/Left. 右側踏, 點, 左側踏, 點, 後下沉, 二個走步-右, 左
- 1-2 Step Right to Right side. Touch Left toe beside Right.右足右踏, 左足併點
- 3-4 Step Left to Left side. Touch Right toe beside Left. 左足左踏, 右足併點
- 5–6 Rock back on Right. Rock forward on Left. 右足後下沉, 左足前下沉
- 7–8 Walk forward on Right. Walk forward on Left. 右足前走, 左足前走
- 第三段 Step Forward. Hold. Pivot 1/4 Turn Left. Hold. Right Jazz Box with Hold.前踏, 候, 左轉1/4, 候, 右 爵士方塊, 候
- 1-2 Step forward on Right. Hold.右足前踏, 候
- 3-4 Pivot 1/4 turn Left. Hold.左轉90度, 候
- 5-8 Cross step Right over Left. Step back on Left. Step Right to Right side. Hold. (Facing 9 o'clock) 右足於左足前交叉踏, 左足後踏, 右足右踏, 候(面向9點鐘)
- 第四段 Cross Left. Point. Cross Right. Point. Point Forward. Point Side. Step Back. Touch.左交叉, 點, 右 交叉, 點, 前點, 側點, 後踏, 點
- 1-2 Cross step Left over Right. Point Right toe out to Right side. 左足於右足前交叉踏, 右足趾右點
- 3-4 Cross step Right over left. Point Left toe out to Left side. 右足於左足前交叉踏, 左足趾左點
- 5-6 Point Left toe forward. Point Left toe out to Left side. 左足趾前點, 左足趾左點
- 7-8 Step back on Left. Touch Right toe next to Left instep. 左足後踏, 右足趾併點
- 第五段 Right Rumba Box with Holds. 右倫巴方塊, 候
- 1–4 Step Right to Right side. Step Left next to Right. Step forward on Right. Hold.右足右踏, 左足併踏, 右足前踏



- 5-8 Step Left to Left side. Step Right next to Left. Step back on Left. Hold.左足左踏, 右足併踏, 左足後 踏, 候
- 第六段 Hip Sways Right/Left/Right. Hold. Hips Sways Left/Right/Left. Hold. 擺臀-右, 左, 右, 候, 擺臀-左, 右, 左, 候
- 1-4 Step Right slightly Right swaying Hips Right. Sway Left. Sway Right. Hold.右足右踏右擺臀, 左擺 臀, 右擺臀, 候
- 5–8 Sway Hips Left. Sway Right. Sway Left. Hold. 左擺臀, 右擺臀, 左擺臀, 候