

Return to Sender (zh)

拍數: 32 牆數: 4 級數: Beginner
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音樂: Return to Sender - Elvis Presley : (Album: Girls, Girls, Girls - 1962)



Intro: Start after 16 count, with "I gave a letter ...", no tag, no restart
简介: 数到 16 后, 以“我给了一封信.....”开头

Section 1: Triple step, right back rock, triple step, left back rock

第 1 节: 三步, 右后摇, 三步, 左后摇

- 1&2 右脚右步, 左脚紧贴右脚, 右脚右步
3-4 左脚后退, 重心放在左脚上, 右脚保持原位, 重心放在右脚上
5&6 左脚向左走, 右脚靠近左脚, 左脚向左走
7-8 右脚后退, 重心放在右脚上, 左脚保持原位, 重心放在左脚上
- 1&2 step right with right foot, close left foot next to right foot, step right with right foot
3-4 step back with left foot with weight on left foot, right foot remains on place, put weight back on right foot
5&6 step left with left foot, close right foot next to left foot, step left with left foot
7-8 step back with right foot with weight on right foot, left foot remains on place, put weight back on left foot

Section 2: Right Step lock step, step ½ turn (6 o'clock), Left step lock step, step ¼ (3 o'clock)

第 2 节: 右步锁定步, 步 ½ 转 (6 点钟方向), 左步锁定步, 步 ¼ (3 点钟方向)

- 1&2 右脚向前走, 左脚在右脚后交叉, 右脚向前走
3-4 左脚向前迈步, ½ 转面向 6 点钟方向
5&6 左脚向前迈步, 右脚在左脚后交叉, 左脚向前迈步
7-8 右脚向前走 ¼ 转面向 3 点钟方向
- 1&2 step forward with right foot, cross left foot tight behind right foot, step forward with right foot
3-4 step forward with left foot, ½ turn facing 6 o'clock
5&6 step forward with left foot, cross right foot tight behind left foot, step forward with left foot
7-8 step forward with right foot, ¼ turn facing 3 o'clock

Section 3: Kick ball step, step lock step back right/left, back rock

第 3 节: 踢球步、步锁定步右/左后退、后摇

- 1&2 右脚向前踢, 将右脚重心放在脚掌上, 将重心转移到左脚上
3&4 右脚后退, 左脚越过右脚, 右脚后退
5&6 左脚后退, 右脚跨过左脚, 左脚后退
7-8 右脚后退, 重心放在右脚上, 左脚保持原位, 重心放在左脚上
- 1&2 kick forward with right foot, place right foot with weight on ball of foot, shift weight to left foot with step
3&4 step back with right foot, cross left foot over right foot, step back with right foot
5&6 step back with left foot, cross right foot over left foot, step back with left foot
7-8 step back with right foot with weight on right foot, left foot remains on place, put weight back on left foot

Section 4: Toe kick swivel, cross hold right/left

第 4 节: 脚踢旋转, 右/左交叉保持

- 1-2 右脚尖靠近左脚, 同时双膝向左转, 右脚向前踢, 双膝后转
3-4 将右脚跨过左脚并保持另一个数
5-6 将左脚尖放在右脚旁边, 同时将双膝向右转动, 踢

- 7-8 将左脚越过右脚并保持另一次计数
- 1-2 tip right toe next to left foot while turning both knees to the left at the same time, kick forward with right foot while turning both knees back
- 3-4 cross right foot over left foot and hold for another count
- 5-6 tip left toe next to right foot while turning both knees to the right at the same time, kick forward with left foot while turning both knees back
- 7-8 cross left foot over right foot and hold for another count

重复直到结束

Repeat until the end
