

Ode To Solitude (孤獨頌歌)

COPPER KNOB
STEPPERS

拍數: 96 牆數: 1 級數: Phrased High Improver
編舞者: Michelle Chen (TW) - June 2025
音樂: 孤獨頌歌 - 陳文非



Introduction : (8*2) counts
Start Foot : Right(RF)
Bridge(End) : (8*2) counts
Tag : 2 counts
ReStarts : None
Sequence : ltr-ABC-Bdg(ltr)-ABC-Tg-C-End(ltr)

ltr (Bdg / End) Section : (8*2) counts
ltr1: CROSS UNWIND, WALK-WALK, 1/2TL PIVOT

1-4 (Starting at 12:00)Step RF Cross Over LF and Make a 1/2TL(06:00) Cross Unwind Turn
 (Weight on LF)
5 6 Walk Fwrd RF/LF
7 8 Step RF Fwrd, Make 1/2TL Pivot Turn

ltr2: DIAG STEP-TOUCH R/L/R, SIDE-TOUCH

1 2 3 4 Step RF Diag Fwrd, Touch LF beside, Step LF Diag Fwrd, Touch RF beside
5 6 7 8 Step RF Diag Fwrd, Step LF Lsid, Touch RF beside

Section A: 8 counts * 4

A1: SIDE POINT R*3, TOGETHER, SIDE POINT L*3, TOGETHER

1 2 3 4 Point RF Rsid 3 times, Step RF together
5 6 7 8 Point LF Lsid 3 times, Step LF together

A2: (CROSS, SIDE POINT)*2, BACK W/HEEL SWIVEL

1 2 3 4 Step RF Cross Over LF, Point LF Lsid, Step LF Cross Over RF, Point RF Rsid
5 6 7 8 Step back w/(the other foot)Heel Swivel-In RF/LF/RF/LF

A3: (SAME AS A1)

A4: JAZZBOX, HIP SWAY R/L/R/L

1 2 3 4 Step RF cross over LF, Step LF back, Step RF Rsid, Step LF cross over RF
5 6 7 8 Sway Hip to Rsid/Lsid/Rsid/Lsid

Section B: 8 counts * 4

B1: BACK ANCHOR, 1/2TL SAILOR TURN, CROSS SAMBA R/L

1&2 Rock RF Bwrd, Recover back to LF, Rock RF again Bwrd
3&4 Make 1/2TL w/Sweep LF Bwrd and Step cross behind RF, Step RF Rsid, Step LF in place
5&6 Step RF cross over LF, Step LF Lsid, Step RF Rsid
7&8 Step LF cross over RF, Step RF Rsid, Step LF Lsid

B2: RONDE-TOGETHER, COASTER, KICK-BALL-POINT R/L

1 2 Ronde RF clockwise circle, Step RF together beside LF
3&4 Step LF Bwrd, Step RF together, Step LF Fwrd
5&6 Kick RF Fwrd, Ball Step RF together, Point LF Lsid
7&8 Kick LF Fwrd, Ball Step LF together, Point RF Rsid

B3: (SAME AS B1)

B4: RONDE-TOGETHER, COASTER, KICK-BALL-POINT, BACK-TOUCH-HIP BUMP

1 2 Ronde RF clockwise circle, Step RF together beside LF
3&4 Step LF Bwrđ, Step RF together, Step LF Fwrđ
5&6 Kick RF Fwrđ, Ball Step RF together, Point LF Lsid
&7 8 Step LF Bwrđ just behind RF, Touch RF Fwrđ over LF, Bump Hip Diag Fwrđ

Section C: 8 counts * 4**C1: SHUFFLE R/L, MAMBO, TRIPLE RUN BACK**

1&2 Step RF Fwrđ, Ball Step LF just behind RF, Step RF Fwrđ
3&4 Step LF Fwrđ, Ball Step RF just behind LF, Step LF Fwrđ
5&6 Rock RF Fwrđ, Recover back to LF, Step RF Bwrđ
7&8 Run Bwrđ RF/LF/RF

C2: BALL-CROSS-TOGETHER R/L, KICK-BALL-POINT, BACK-TOUCH-HIP BUMP

0a1 2 Ball Step RF just behind LF, Step LF big cross over RF, Step RF together beside LF
0a3 4 Ball Step LF just behind RF, Step RF big cross over LF, Step LF together beside RF
5&6 Kick RF Fwrđ, Ball Step RF together, Point LF Lsid
&7 8 Step LF Bwrđ just behind RF, Touch RF Fwrđ over LF, Bump Hip Diag Fwrđ

C3: (SAME AS C1)**C4: BALL-CROSS-TOGETHER R/L, KICK-BALL-POINT, BACK CROSS-CROSS-HOLD**

0a1 2 Ball Step RF just behind LF, Step LF big cross over RF, Step RF together beside LF
0a3 4 Ball Step LF just behind RF, Step RF big cross over LF, Step LF together beside RF
5&6 Kick RF Fwrđ, Ball Step RF together, Point LF Lsid
&7 8 Step LF cross behind RF, Step RF cross over LF, Hold

TAG: MOVE & TOUCH RF OVER LF

1 2 Move RF toward over LF and Touch

Notes for abbr.

RF(Right Foot) / LF(Left Foot)

Fwrđ(forward) / Bwrđ(backword) / Rsid(right side) / Lsid(left side)

Diag (diagonal)

TR(make a RightTurn) / TL(make a Left Turn)

Contact:

If there is any question or suggestion, please don't hesitate to contact.

Thanks a lot. Hope you like it.

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