

For All Seasons (愛在每一個季節) (zh)

COPPER KNOB
BY STEPHEN METZ

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Sandy Kerrigan (AUS) - 2010年07月

Musik: Love Me With All Of Your Heart - Agnetha Faltskog : (CD: My Coloring Book)



- 第一段** (Box Step)Side, Drag Tog, Back, Side, Drag Tog, Fwd, Side Rock, Tog, Side Rock, Tog
(方塊步) 右 併-後-左 併-前-右下 沉 回復-併-左 下沉 回復-併
- 12&34& Step R to R, Drag L/Step tog L, Step Back R, Step L to L, Drag R/Step Tog R, Step Fwd L
右足右踏, 左足拖併踏, 右足後踏, 左足左踏, 右足拖併踏, 左足前踏
- 56&78& Rock R to R, Replace to L, Step Tog R, Rock L to L, Replace to R, Step Tog L
右足右下 沉, 左足回復, 右足併踏, 左足左 下沉, 右足回復, 左足併踏
- 第二段** ¼ R Fwd, 1/2 Pivot Turn R, Step, ½ Pivot Turn L, Step, ¾ Pivot Turn R, Sway L, Sway R 1/4, 踏 轉 踏, 踏 轉 踏, 踏 3/4 擺 臀, 擺 臀
- 12&3 ¼ Turn R Step Fwd R 9:00, Step Fwd L/1/2 Pivot Turn R, wt to R, Step Fwd L 右轉90度右足前踏(9點鐘), 左足前踏, 右軸轉180度, 左足前踏
- 4&5 Step Fwd R/1/2 Pivot Turn L, wt to L***, Step Fwd R [3:00]
右足前踏, 左軸轉180度, 右足前踏(面向3點鐘)
- 6&78 Step Fwd L/3/4 Pivot Turn R, wt to R, Sway Side L, Sway Side R (Wt on R at R Side) [12:00]
左足前踏, 右軸270度, 左擺臀, 右擺臀(重心在右足)(面向12點鐘)
- RESTART:** Wall 3 has a restart at this marker*** the restart will occur facing 9:00 after count 12 第三面牆, 跳到***處時 面向9點鐘, 從頭起跳
- 第三段** Side Ball Cross, 1/4 Side, Side Ball Cross, ¼ Back, Side, Cross Rock, Side, Rock Turn 1/4
併-交叉 1/4, 併-交叉 1/4, 左, 交叉 回-右, 交叉 回-1/4
- &12 (Moves slightly to L side) Step Back On Ball of L, Cross R over L, ¼ R/Step L to L Side [3:00]
(向左移)左足後踏, 右足於左足前交叉踏, 右轉90度左足左踏(面向3點鐘)
- &3 (Moves slightly to R side) Step Back On Ball of R, Cross L over R (向右移)右足後踏, 左足於右足前交叉踏
- 4& Turning ¼ L/Step Back on R, Step L to L Side/feet apart [12:00]
左轉90度右足後踏, 左足左踏(雙腳分開)(面向12點鐘)
- 56& Cross Rock R over L, Replace to L Side, Step R to R
右足於左足前交叉 下沉, 左足回復, 右足右踏
- 78& Cross Rock L over R, Replace to R Side, Turning ¼ L/Step Fwd L [9:00]
左足於右足前交叉 下沉, 右足回復, 左轉90度左足前踏(面向9點鐘)
- 第四段** Cross, Cross, ½ Pivot Turn L. ½ Pivot Turn L, Fwd R Coaster Step, Heel Drag, Side, Drag Tog, Step Fwd
交叉 交叉, 踏 轉 踏 轉, 前海岸 拖, 左 併 前
- 1-2 Cross R over L, Cross L over R (Travel Fwd)
右足於左足前交叉踏, 左足於右足前交叉踏(向前移)
- 3&4& Step Fwd R/1/2 Pivot Turn L, wt to L, Step Fwd R/1/2 Pivot Turn L, wt to L [9:00]
右足前踏, 左軸轉180度, 右足前踏, 左軸轉180度(面向9點鐘)
- 5&6& Step Fwd R, Step L Tog, Step Back R, and Drag L Heel Back to Meet R 右足前踏, 左足併踏, 右足後踏, 左足踵拖至後併
- 78& Step L to L, Step Tog R, Step Fwd L [9:00]
左足左踏, 右足併踏, 左足前踏(面向9點鐘)