

A Thousand Winds (千風之歌) (zh)

COPPER KNOB
STEPSHEETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Juilin Chen (TW) & Irene Deng (TW) - 2015年04月

Musik: A Thousand Winds (千風之歌) - Cao Xue Jing (曹雪晶) : (二胡演奏 - iTunes)



Intro : 32 Count From The Start of The Track (Approx. 26 Seconds Into Track)

SECTION 1 [1 - 8]: TURN 1/4 LEFT STEP, TURN 1/4 RIGHT TOUCH, FORWARD STEP, POINT, FORWARD POINT, RIGHT POINT, LARGE STEP, DRAG

1- 2 Turn 1/4 left step R forward (1)(9:00), Turn 1/4 right L touch Next R (2)(12:00)

3 - 4 Step L forward(3), point R to right (4)

Hands : Turn Wrists (Before Chest) Counter Clockwise (3), Put Hands Out (Left Hand to Forward, Right Hand to Right Side) (4)

5 - 6 Point R forward (5) , point R to right(6)

Hands : Left Hand Back to Body (Front) (5), Lift Right Hand up (6)

7 - 8 Big Step R to right side(7), Drag L Next R(8) (12:00)

Hands : Let Right Hand Down (Right Side) and Left Hand to Left Side (Hor.) (7), Left Hand and L Drag Back (8)

1 - 2 左轉1/4右足前踏(1), 右轉1/4左足點在右足旁(2)

3 - 4 左足前踏(3), 右足右側點(3)

手部動作: 雙手手腕在胸前由內往外翻轉(3), 雙手同時 左手前、右手右側伸出(4)

5 - 6 右足前點(5), 右足右側點(6)

手部動作: 左手收回腹前(5), 右手上舉(6)

7 - 8 右足大步右側踏(7), 左足拖拉至右足旁(8)

手部動作: 右手往右外側放下同時間 左手往左側平伸(7), 左手與左足同時拉回(8)

SECTION 2 [9 - 16]: CROSS, POINT, CROSS, POINT, JAZZ BOX (12:00)

1 - 2 Step L cross over R(1), Point R to right (2)(12:00)

Hands : Crossing Hands Before Face and Open Hands (1), Put Left Hand on Waist (Left) And Right Hand to Right Side (Hor.) (2)

3 - 4 Step R cross over L (3), Point L to left (4)

Hands : Crossing Hands Before Face and Open Hands (1), Put Right Hand on Waist (Right) And Left Hand to Left Side (Hor.) (2)

5 - 6 Crossing L over R(5), Back R(6)

7 - 8 1/4 left step L to left side (7)(9:00), Crossing R over L (8)(9:00)

1 - 2 左足交叉前踏(1), 右足右側點(2)

手部動作: 雙手掌交叉在臉前往左右劃開(1), 左手貼於左腰間, 同時右手右平伸

3 - 4 右足交叉踏前(3), 左足左側點(4)

手部動作: 雙手掌交叉在臉前往左右劃開(1), 右手貼於右腰間, 同時左手左平伸

5 - 6 左足交叉右足前(5), 右足後退(6)

7 - 8 左轉1/4左足旁踏(7)(9:00), 右足前交叉左足前(9:00)

SECTION 3 [17 - 24]: L TWINKLE , R TWINKLE , CROSS SHUFFLE , SWAY

1 & 2 Step L across R(1), Step R next to L(&), Step L next to R(2),(9:00)

3 & 4 Step R across L(3), Step L next to R(&), Step R next to L(4)

5 & 6 Step L cross R(5), step R next to L(&), step R next to L(6)

7 - 8 Step R to right side(7), Sway hips right , left(8)

1 & 2 左足交叉右足前(1), 右足踏併左足旁(&), 左足原地踏(2)(9:00)

3 & 4 右足交叉左足前(3), 左足踏併右足旁(&), 右足原地踏(4)

5 & 6 左足交叉右足前(5), 往右斜交換步 右”左 (& 6)(9:00)

7-8 右足右旁踏推臀(7), 重心回左足推臀(8)

SECTION 4 [25 - 32]: TOE TOUCH , TOE SWEEP BACK , TURN 3/4 RIGHT, LOCK FORWARD, ROCK BACK, DRAG

1-2-3 Toe touch R forward(1), Toe R sweep out turn 3/4 right(2-3)(6:00)
4 & 5 Step R forward (4) , Step L behind R (&), Step R forward (5)
6 & 7 Rock L forward (6), recover R (&) , Big step back L(7)
Hands : Put Hands Forward, Palms up (6&), Hands Sweep to Back (7、8)
8 Drag R Next to L(8) (6:00)

1-2-3 右足尖前點(1), 右足尖向外繞右轉3/4(2-3)(6:00)
4 & 5 右足前踏交換步(右、左、右)
6 & 7 左足前踏(6), 重心回右足(&) , 左足大步後退(7)
手部動作: 雙手向前伸出, 手掌向上(6 &), 雙手往後劃開(7、8)
8 右足拉併左足旁(8)

TAG : End of Wall 5 facing 9 o'clock .

間奏: 第五牆結束 四拍間奏

TAG: [1-4]: CROSS , TOUCH , CROSS , TOUCH

1-2 Cross R over L(1) , Touch L beside R(2)(9:00)
3-4 Cross L over R(3) , Touch R beside L(4)
1-2 右足交叉左足前(1), 左足點右足旁(2)
3-4 左足交叉右足前(3), 右足點左足旁(4)

Restart: during Wall 3 after sec.3 facing 9 o'clock and during Wall 7 after sec.3 facing 12 o'clock start again 中段重頭:

第三牆(9:00)和第七牆(12:00)跳至第24拍結束, 重頭起跳。

Dance Finish: Count 32 of wall 10(6:00) to do R unwind 1-1/2 turn left facing "Home 第十牆 32拍結束後, 右足勾點左足旁向左慢慢旋轉1-1/2回正面結束。

Have fun!!! Happy Dance

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