

My Next Love (下一段戀情) (zh)

COPPER KNOB
BY STEPHEN METZ

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Niels Poulsen (DK) - 2008年07月

Musik: My Love - Fredric Kempe : (CD: Boheme)



前奏 : Intro: 24 counts from first clear guitar sound (app. 21 seconds into track). Start with weight on R

第一段 Cross L over R, slow sweep, cross R over L, slow sweep
左足於右足前交叉踏, 慢繞, 左足於左足前交叉踏, 慢繞

1-3 Step L diagonally fw (towards 1:30), sweep R fw over 2 counts [12:00] 左足斜角前踏(面向1:30), 右足以2拍繞至前

4-6 Step R diagonally fw (towards 10:30), sweep L fw over 2 counts [12:00] 右足斜角前踏(面向10:30), 左足以2拍繞至前

第二段 Rock L fw slowly, rock R back slowly
下沉 停2拍, 回復 停2拍

1-3 Rock L fw, Hold for 2 counts [12:00]
左足前下沉, 候2拍(面向12點鐘)

4-6 Recover weight back to R, Hold for 2 counts [12:00]
右足回復, 候2拍(面向12點鐘)

* RESTART here on 6th wall, after 12 counts, facing 9:00
第六面牆面向9點鐘跳至此, 從頭起跳

第三段 L basic ½ L, R basic fw 左1/2華爾滋, 華爾滋

1-3 Turn ½ L stepping L fw, step R next to L, change weight to L [6:00]
左轉180度左足前踏, 右足併踏, 左足踏(面向6點鐘)

4-6 Step fw R, bring L next to R, change weight to R [6:00]
右足前踏, 左足併踏, 右足踏(面向6點鐘)

第四段 Fw L, point, hold, back R, sweep L around
左前, 點, 候, 右後, 左繞

1-3 Step fw L, point R diagonally fw (towards 7:30), Hold [6:00]
左足前踏, 右足右斜角前點(面向7:30), 候(面向6點鐘)

4-6 Step back on R, sweep L out and backwards over 2 counts [6:00]
右足後踏, 左足以2拍繞至後(面向6點鐘)

第五段 Behind side cross, sway hips to R side
後 旁 交叉, 右擺臀

1-3 Cross L behind R, step R to R side, cross L over R [6:00]
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向6點鐘)

4-6 Step R to R side swaying your hips to R side (sway over 3 counts) [6:00] 右足右踏右擺臀3拍(面向6點鐘)

第六段 L Basic fw with ¼ L, R basic backwards with ½ L
左1/4華爾滋, 左1/2後華爾滋

1-3 Turn ¼ L stepping fw on L, step R next to L, change weight to L [3:00] 左轉90度左足前踏, 右足併踏, 左足踏(面向3點鐘)

4-6 Turn ½ L stepping back on R, step L next to R, change weight to R (note: counts 31-37 is a L full turn) [9:00]
左轉180度右足後踏, 左足併踏, 右足踏(面向9點鐘)
(第六段及第七段第1拍剛好成一左轉圈)

第七段 ¼ L swaying hips to L side, sway hips to R side
左1/4左擺臀, 右擺臀

- 1-3 Turn ¼ L stepping L to L side swaying your hips to L side (sway over 3 counts) [6:00]
左轉90度左足左踏左擺臀3拍 (面向6點鐘)
- 4-6 Step R to R side swaying your hips to R side (sway over 3 counts) [6:00] 右足右踏右擺臀3拍 (面向6點鐘)

第八段 Sway hips to L side, basic waltz step fw with ¼ R
左擺臀, 右1/4華爾滋

- 1-3 Step L to L side swaying your hips to L side (sway over 3 counts) [6:00] 左足左踏左擺臀3拍(面向6點鐘)
- 4-6 Turn ¼ R stepping fw on R, bring L next to R, change weight to R [9:00] 右轉90度右足前踏, 左足併踏, 右足踏(面向9點鐘)
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