

Beautiful Tena (美麗的坦娜) (zh)

COPPER KNOB
STEPSHEETS

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Francien Sittrop (NL) - 2009年09月

Musik: Lijepa Tena (Beautiful Tena) - Igor Cukrov : (Eurovision Song Contest 2009)



前奏 : Intro: Start on Vocals , 16 counts from the beat

第一段 Step R, Drag , Rock Back , Recover x2 側踏, 拖併, 後下沉, 回復 二次

1-4 右 拖 後下沉 回復
Big Step R to R side, Drag L to R, Rock L back, Recover on R
右足右一大步, 左足拖併, 左足後下沉, 右足回復

5-8 左 拖 後下沉 回復
Big Step L to L side, Drag R to L, Rock R back, Recover on L
左足左一大步, 右足拖併, 右足後下沉, 左足回復

第二段 ¼ Turn R, Sweep, Cross, Back, Rock Back, Recover, Step , Pivot ½ Turn 右1/4, 繞, 交叉, 後, 後下沉回復, 踏 轉

1-4 右90 繞 交叉 後
¼ Turn R step R fwd, Sweep L fwd, Step L across R, Step R back (3.00)
右轉90度右足前踏, 左足繞至前, 左足於右足前交叉踏, 右足後踏(面向3點鐘)

5-8 後下沉 回復 踏 轉
Rock L back, Recover on R, Step L fwd, ½ Turn R (9.00)
左足後下沉, 右足回復, 左足前踏, 右轉180度(面向9點鐘)

第三段 Fwd, Hold, Fwd, ¼ Turn L, Vine L 踏, 候, 踏, 左1/4, 左華倫

1-4 左 停 踏 90
Big Step L fwd, Hold, Step R fwd, ¼ Turn L (6.00)
左足前一大步, 候, 右足前踏, 左轉90度(面向6點鐘)

5-8 左華倫
Step R across L, Step L to L side, Step R behind L, Step L to L side 右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左踏

第四段 Cross Rock, Recover, Side Shuffle ¼ R, Step fwd, ¼ Turn R, Cross Shuffle 交叉下沉回復, 右1/4側交換, 踏, 右1/4, 交叉交換

1-2 交叉下沉
Cross Rock R over L, Recover on L
右足於左足前交叉下沉, 左足回復

3&4 追步轉
Step R to R side, Step L next to R, Step R fwd with ¼ Turn R (9.00)
右足右踏, 左足併踏, 右轉90度右足前踏(面向9點鐘)

5-6 踏 90
Step L fwd, ¼ Turn R (12.00) 左足前踏, 右轉90度(面向12點鐘)

7&8 交叉交換
Step L across R, Step R to R side, Step L across R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第五段 R diag. back, Hip Sways, L diag. Fwd, Hip Sways (facing front) 右斜後, 擺臀, 左斜前, 擺臀(面向前)

1-2 右後 拖
Big Step R diag. Back, Drag
右足右斜後一大步, 左足拖併

3-4 Sway sway
Step L to L diag. back and sway hips L , R
左足左斜後踏左擺臀, 右擺臀

5-6 Big Step L diag. fwd, Drag & Touch R next to L
左前拖 左足左斜前一大步, 右足拖併點
7-8 Step R to R diag. fwd and sway hips R, L
Sway 右足右斜前踏右擺臀, 左擺臀
sway

**第六段 Side, Close, Lock Step fwd, Rock, Recover, Shuffle ¼ Turn L
側, 併, 前鎖步, 下沉回復, 3/4轉交換**

1-2 右併 Step R to R side, Step L next to R 右足右踏, 左足併踏
3&4 前鎖 Lock Step Fwd with R,L, R 前鎖步-右, 左, 右
步
5-6 Rock L fwd, Recover on R 左足前下沉, 右足回復
下沉回復
7&8 Shuffle ¼ Turn L with L,R,L (3.00)
270轉交換 左270度轉交換-左, 右, 左(面向3點鐘)

**第七段 Rock, Recover, Fwd, Hold, Step fwd, Pivot ½ Turn R, Lock Step fwd
下沉回復, 前, 候, 踏, 轉, 前鎖步**

1-4 Rock R to R side, Recover on L, Step R fwd, Hold
右下沉回復 右足右下沉, 左足回復, 右足前踏, 候
踏 停
5-6 踏轉 Step L fwd, ½ Turn R (9.00) 左足前踏, 右轉180度(面向9點鐘)
7&8 前鎖 Step L fwd, Lock R behind L, Step L fwd
步 左足前踏, 右足於左足後鎖踏, 左足前踏

**第八段 Fwd, Pivot ½ Turn L, Rock fwd, Recover, Rock Side, Recover, Rock Back, Recover 踏轉, 前下沉回復, 右
下沉回復, 後下沉回復**

1-2 踏轉 Step R fwd, ½ Turn L (3.00) 右足前踏, 左轉180度(面向3點鐘)
3-4 Rock R Fwd, Recover on L 右足前下沉, 左足回復
下沉回復

RESTART ****DURING First wall AFTER count 60, start again with count 1
第一面牆跳至此, 從頭起跳

5-6 Rock R to R side, Recover on L 右足右下沉, 左足回復
右下沉回復
7-8 Rock R back, Recover on L 右足後下沉, 左足回復
後下沉回復
復

TAG AFTER wall 3: 第三面牆結束時加8拍後從頭起跳

**Step fwd, Pivot ½ Turn L x2, Jazz Box
踏轉二次, 爵士方塊**

1-4 Step R fwd, ½ Turn L x2
踏轉踏轉 右足前踏, 左轉180度, 右足前踏, 左轉180度
(搖椅步) (Easier steps : Rock fwd, Recover, Rock Back, Recover)
(簡易版: 右足前下沉, 左足回復, 右足後下沉, 左足回復)
5-8 Step R across L, Step L back, Step R to R side, Step L fwd
Jazz box 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏

ENDING: Dance the last wall(facing 12 o'clock) until count 48 (Shuffle ¼ Turn) You are facing the 3 o'clock wall. On Ball of L make a ¼ Turn L and sweep your R in front of L and touch fwd
結束: 最後一面牆面向12點鐘跳至第六段第8拍(270度轉交換)時, 將面向3點鐘, 做左轉90度左足踏右足繞至左足前點, 結束舞曲