

# Buleria (我心狂跳) (zh)

COPPER KNOB  
STEPPERS

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Francien Sittrop (NL) - 2010年06月

Musik: Bulería - David Bisbal : (4:13)



前奏 : Intro: Start after 27 Sec. On Vocals

**第一段 Side, Together, Side Shuffle, Cross Rock, Recover, Sweep Sailor Step ¼ L** 右踏, 併踏, 右追步, 交叉下沉 回復, 繞1/4轉水手

1-2 Step R to R side, Step L next to R  
右足右踏, 左足併踏

3&4 Step R to R side, Step L next to R, Step R to R side  
右足右踏, 左足併踏, 右足右踏

5-6 Rock L across R, Recover on R  
左足於右足前交叉下沉, 右足回復

7&8 Sweep L behind R ¼ Turn L, Step R to R side, Step L to L side (9.00)  
左轉90度左足繞至右足後踏, 右足右踏, 左足左踏(面向9點鐘)

**第二段 Rock Fwd, Recover, Coaster Step, Step, Lock, Lock Step Fwd**  
下沉, 回復, 海岸步, 踏, 鎖, 前鎖步

1-2 Rock R fwd, Recover on L 右足前下沉, 左足回復

3&4 Step R Back, Step L next to R, Step R fwd  
右足後踏, 左足併踏, 右足前踏

5-6 Step L fwd, Lock R behind L 左足前踏, 右足於左足後鎖踏

7&8 Step L fwd, Lock R behind L, Step L fwd  
左足前踏, 右足於左足後鎖踏, 左足前踏

**第三段 Rock Fwd, Recover, Full Turn R, ¼ R Side Shuffle, Cross Rock, Recover**  
下沉 回復, 轉轉, 右1/4轉追步, 交叉下沉 回復

1-2 Rock R fwd, Recover on L 右足前下沉, 左足回復

3-4 ½ Turn R step R fwd, ½ Turn R Step L back (9.00)  
右轉180度右足前踏, 右轉180度左足後踏(面向9點鐘)

5&6 ¼ Turn R into side shuffle R,L,R (12.00)  
右轉90度右追步-右, 左, 右(面向12點鐘)

7-8 Rock L across R, Recover on R  
左足於右足前交叉下沉, 右足回復

**第四段 Side, Together, Side Shuffle, Heel Touches Fwd, Ball Cross, Hold**  
左踏, 併踏, 左追步, 交叉點, 前點 併 交叉 候

1-2 Step L to L side, Step R next to L  
左足左踏, 右足併踏

3&4 Step L to L side, Step R next to L, Step L to L side,  
左足左踏, 右足併踏, 左足左踏

5-6 Touch R Heel Across L, Touch R heel Diag R fwd  
右足踵於左足前交叉點, 右足踵於右斜角前點

&7-8 Step R next to L, Step L across R, Hold  
右足併踏, 左足於右足前交叉踏, 候

DURING Wall 1 after 32 Counts add 4 Stomps R,L,R,L and Start again with count 1.

第一面牆跳至此, 加4拍重拍-右, 左, 右, 左, 從頭起跳

DURING Wall 3 after 32 Counts and Start again with count 1

第三面牆跳至此, 從頭起跳

**第五段 Side, Together, Side Shuffle ¼ R, Pivot ½ Turn R, Lock Step Fwd**

右踏, 併踏, 右追步轉, 踏 轉, 前鎖步

- 1-2 Step R to R side, Step L next to R  
右足右踏, 左足併踏
- 3&4 Step R to R side, Step L next to R, ¼ Turn R Step R Fwd  
右足右踏, 左足併踏, 右轉90度右足前踏
- 5-6 Step L fwd, ½ Turn R (9.00)  
左足前踏, 右轉180度(面向9點鐘)
- 7&8 Step L fwd, Lock R behind L, Step L fwd  
左足前踏, 右足於左足後鎖踏, 左足前踏

**第六段 Mambo Fwd, Mambo Back ¼ Turn R, Step Fwd, Lock, Lock Step ½ Turn R**  
前曼波(右1/8), 後曼波(右1/8), 踏, 鎖, 前鎖步轉

- 1&2 Rock R fwd, Recover on L. Step R Back (make 1/8 Turn R)  
右足前下沉, 左足回復, 右轉45度右足後踏
- 3&4 Rock L back, Recover on R, Step L fwd (Make 1/8 Turn R) (12.00)  
左足後下沉, 右足回復, 右轉45度左足前踏(面向12點鐘)
- 5-6 Step R fwd. with ¼ Turn R, Lock L behind R  
右轉90度右足前踏, 左足於右足後鎖踏
- 7&8 Step R fwd, Lock L behind R, Step R fwd while making ¼ Turn R (6.00)  
右足前踏, 左足於右足後鎖踏, 右轉90度右足前踏(面向6點鐘)

**第七段 Cross, Side, Behind, Side, Cross, Rock Recover, Behind, ¼ L Step Fwd, Step Fwd** 交叉, 右, 後-旁-前,  
右下沉 回復, 後-左1/4-前

- 1-2 Sweep L across R, Step R to R side  
左足繞至右足前交叉踏, 右足右踏
- 3&4 Step L behind R, Step R to R side, Step L across R  
左足於右足後踏, 右足右踏, 左足於右足前交叉踏
- 5-6 Rock R to R side, Recover on L  
右足右下沉, 左足回復
- 7&8 Step R behind L, ¼ Turn L step L fwd, Step R fwd  
右足於左足後踏, 左轉90度左足前踏, 右足前踏

**第八段 Step Fwd, Pivot ½ Turn R, Shuffle ½ Turn X2, Stomp Fwd, Tap**  
踏 轉, 轉交換, 轉交換, 重踏, 併點

- 1-2 Step L fwd, ½ Turn R (9.00)  
左足前踏, 右轉180度(面向9點鐘)
- 3&4 Shuffle ½ Turn R with L,R,L (3.00)  
三步右轉180度-左, 右, 左(面向3點鐘)
- 5&6 Shuffle ½ Turn R with R.L.R (9.00)  
三步右轉180度-右, 左, 右(面向9點鐘)
- 7-8 Step L fwd with Stomp, Tap R next to L (Weight Stays on L)  
左足前重踏, 右足併點(重心在左足)

**\*\*\*\*AFTER wall 7 Add 4 count Tag**

**TAG:** AFTER Wall 7 Add 4 Stomps R,L,R,L and Start again with count 1

第七面牆加4拍重踏-右, 左, 右, 左, 從頭起跳

Option: You can put your arms up like a Spanish dancer when you do the Stomps. Olé  
雙手可以高舉像西班牙舞者那樣做「Olé」歡呼重踏的動作

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