

Yolanda (眼中西施) (zh)

COPPER KNOB
STEPSHEETS

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Kate Sala (UK) & Robbie McGowan Hickie (UK) - 2010年05月

Musik: Yolanda - Joe Merrick : (CD: Ranches & Rodeos)



前奏 : 64 Count intro. 64拍後起跳

第一段 Step Forward. Hold. Step. Pivot 1/2 Turn Right. Step Forward. Hold. Step. Pivot 1/2 Turn Left. 踏候踏轉, 踏候踏轉

1-4 Step forward on Right. Hold. Step forward on Left. Pivot 1/2 turn Right. (Facing 6 o'clock)
右足前踏, 候, 左足前踏, 右軸轉180度(面向6點鐘)

5-8 Step forward on Left. Hold. Step forward on Right. Pivot 1/2 turn Left. (Facing 12 o'clock)
左足前踏, 候, 右足前踏, 左軸轉180度(面向12點鐘)

第二段 Step Forward Right. Sweep. Weave Right. Cross Rock. 踏, 繞, 右藤步, 交叉下沉 回復

1-2 Step forward on Right. Sweep Left out and around from back to front.
右足前踏, 左足由後繞至前

3-6 Cross step Left over Right. Step Right to Right side. Cross Left behind Right. Step Right to Right side.
左足於右足前交叉踏, 右足右踏, 左足於右足後踏, 右足右踏

7-8 Cross rock Left over Right. Rock back on Right.
左足於右足前交叉下沉, 右足回復

第三段 Side Step Left. Drag. Back Rock. 1/4 Turn Right. Hold. Step. Pivot 1/2 Turn Right. 左大步, 拖, 後下沉 回復, 右1/4, 候, 踏轉

1-2 Long step Left to Left side. Drag/Slide Right towards Left. (Weight on Left) 左足左大步, 右足拖併(重心在左足)

3-4 Rock back Right behind Left. Rock forward on Left.
右足於左足後下沉, 左足回復

5-6 Make 1/4 turn Right stepping forward on Right. Hold. (Facing 3 o'clock)
右轉90度右足前踏, 候(面向3點鐘)

7-8 Step forward on Left. Pivot 1/2 turn Right. (Facing 9 o'clock)
左足前踏, 右軸轉180度(面向9點鐘)

第四段 Step Forward Left. Hold. Full Turn Left. Slow Right Shuffle Forward. Brush. 踏候, 轉轉, 前交換刷

1-2 Step forward on Left. Hold. 左足前踏, 候

3-4 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left. 左轉180度右足後踏, 左轉180度左足前踏

5-8 Step forward on Right. Step Left beside Right. Step forward on Right. Brush Left forward. 右足前踏, 左足併踏, 右足前踏, 左足前刷

第五段 Left Forward Rock. Slow Left Coaster. Sweep. Cross. Diagonal Step Back Left. 下沉 回復, 海岸步, 繞, 交叉, 斜後踏

1-2 Rock forward on Left. Rock back on Right.
左足前下沉, 右足回復

3-5 Step back on Left. Step Right beside Left. Step forward on Left.
左足後踏, 右足併踏, 左足前踏

6 Sweep Right out and around from back to front.
右足由後繞至前

7-8 Cross step Right over Left. Step Left Diagonally back Left.
右足於左足前交叉踏, 左足斜後踏

第六段 Diagonal Step Back Right. Cross. Step Back. Diagonal Step Back Left. Cross. Step. Cross. Hold.
右斜後踏, 交叉, 後, 左斜後踏, 交叉, 踏, 交叉, 候

1-2 Step Right Diagonally back Right. Cross step Left over Right. (Body Facing Right Diagonal)
右足斜角後踏, 左足於右足前交叉踏(身體面向右斜角)

3-4 Step back on Right – straightening up. Step Left Diagonally back Left.
右足後踏(轉正), 左足斜角後踏

5-8 Cross step Right over Left. Step Left to Left side. Cross step Right over Left. Hold.
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏, 候

第七段 Hip Sways x3. Drag. Back Rock. Side Step Right. Together.
擺臀三次, 拖, 後下沉 回復, 右踏 併踏

1-2 Step Left to Left side Swaying Hips Left. Sway Hips Right.
左足左踏左擺臀, 右擺臀

3-4 Sway Hips Left. Drag/Slide Right towards Left. (Weight on Left)
左擺臀, 右足拖併(重心在左足)

5-6 Rock back Right behind Left. Rock forward on Left.
右足於左足後下沉, 左足回復

7-8 Step Right to Right side. Step Left beside Right.
右足右踏, 左足併踏

第八段 1/4 Turn Right. Hold. Forward Rock. Left Lock Step 3/4 Turn Left. Brush.
右1/4, 候, 下沉 回復, 左3/4前鎖步, 刷

1-2 Make 1/4 turn Right stepping forward on Right. Hold. (Facing 12 o'clock) 右轉90度右足前踏,
候(面向12點鐘)

3-4 Rock forward on Left. Rock back on Right.
左足前下沉, 右足回復

5-6 Make 1/2 turn Left stepping forward on Left. Lock step Right behind Left.
左轉180度左足前踏, 右足於左足後鎖踏

7-8 Make 1/4 turn Left stepping forward on Left. Brush Right forward. (Facing 3 o'clock) 左轉90度左
足前踏, 右足前刷(面向3點鐘)
