

Fragile Not Broken (zh)

COPPER KNOB
BY STEPHEN METZ

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Dee Musk (UK) - 2011年01月

Musik: Fragile Not Broken - Natalia : (CD: This Time & Back For More)



前奏 : 16 count intro from the heavy beat. 16拍後起跳

第一段 Stomp, Hold, Sailor Step, Jazz Box

1-2 Stomp left to left side. Hold. 左足左重踏, 候

3&4 Cross right behind left. Step left to left side. Step right to place. 右足於左足後交叉踏, 左足左踏, 右足踏

5-8 Cross left over right. Step right back. Step left to left side. Step right forward. 左足於右足前交叉踏, 右足後踏, 左足左踏, 右足前踏

Wall 5: Restart dance again from beginning at this point (facing 12:00) 第五面牆跳至此, 面向12點鐘, 從頭起跳

第二段 Forward Shuffle, Step, 3/4 Turn, Side, Together, Chasse

1&2 Step left forward. Close right beside left. Step left forward.
左足前踏, 右足併踏, 左足前踏

3-4 Step right forward. Make 3/4 turn left (weight onto left). (3:00)
右足前踏, 左轉270度(重心在左足)(面向3點鐘)

5-6 Step right to right side. Close left beside right.
右足右踏, 左足併踏

7&8 Step right to right side. Close left beside right. Step right to right side. 右足右踏, 左足併踏, 右足右踏

第三段 Cross, Hold, Back Side Cross, Modified 1/4 Monterey Turn

1-2 Cross left over right. Hold. 左足於右足前交叉踏, 候

&3-4 Step back on right. Step left to left side. Cross right over left.
右足後踏, 左足左踏, 右足於左足前交叉踏

5-6 Point left to left side. Make 1/4 turn left stepping left beside right. (12:00) 左足左點, 左轉90度左足併踏(面向12點鐘)

7-8 Point right to right side. Cross right over left.
右足右點, 右足於左足前交叉踏

第四段 Chasse, Back Rock, Side, Together, Chasse 1/4 Turn

1&2 Step left to left side. Close right beside left. Step left to left side. 左足左踏, 右足併踏, 左足左踏

3-4 Rock back on right. Recover onto left. 右足後下沉, 左足回復

5-6 Step right to right side. Close left beside right.
右足右踏, 左足併踏

7& Step right to right side. Close left beside right.
右足右踏, 左足併踏

8 Make 1/4 turn right stepping right forward. (3:00)
右轉90度右足前踏(面向3點鐘)

第五段 Step, 1/2 Turn, Side Rock, Cross, Hold, Back Side Step

1-2 Step left forward. Make 1/2 turn right (weight on right). (9:00)
左足前踏, 右轉180度(重心在右足)(面向9點鐘)

3-4 Rock left out to left side. Recover onto right.
左足左下沉, 右足回復

5-6 Cross left over right. Hold. 左足於右足前交叉踏, 候

&7-8 Step right back. Step left to left side. Step right forward.
右足後踏, 左足左踏, 右足前踏

第六段 Kick, Kick, Back, Touch, Back Rock, Kick Ball Cross With 1/4 Turn

- 1-2 Kick left forward twice. 左足前踢二次
3-4 Step left back. Touch right beside left.
左足後踏, 右足併點
5-6 Rock back on right. Recover onto left.
右足後下沉, 左足回復
7& Kick right forward. Step right beside left making 1/4 turn left.
右足前踢, 左轉90度右足併踏
8 Cross left over right. (6:00) 左足於右足前交叉踏(面向6點鐘)

第七段 Side Rock, Behind, Side, Step 1/2 Turn x2

- 1-2 Rock right out to right side. Recover onto left.
右足右下沉, 左足回復
3-4 Cross right behind left. Step left to left side.
右足於左足後交叉踏, 左足左踏
5-6 Step right forward. Make 1/2 turn left.
右足前踏, 左轉180度
7-8 Step right forward. Make 1/2 turn left (weight ends on left). (6:00)
右足前踏, 左轉180度(重心在左足)(面向6點鐘)

第八段 Stomp, Hold, Sailor Step, Behind, Side, Cross Shuffle

- 1-2 Stomp right to right side. Hold. 右足右重踏, 候
3&4 Cross left behind right. Step right to right side. Step left to place. 左足於右足後交叉踏, 右足右踏, 左足踏
5-6 Cross right behind left. Step left to left side.
右足於左足後交叉踏, 左足左踏
7&8 Cross right over left. Step left to left side. Cross right over left. (6:00) 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(6點鐘)

ENDING: Start last Wall facing 6:00, dance to Count 6 of Section 2 (Side, Together) Then Chasse 1/4 turn right to face the front.

面向6點鐘, 跳至第二段第6拍(側踏 併踏)後, 右轉90度面向前面牆做結束
