

# Parachute (降落傘) (zh)

COPPER KNOB  
STEPPEDETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK) - 2010年01月

Music: Parachute - Cheryl : (CD: 3 Words)



前奏 : 4 count intro.....very quick start! 4拍後起跳

**第一段** R Point, ½ R Monterey Turn & L Flick, Diagonal Rocking Chair, L Cross Shuffle 右點蒙特瑞轉帶後抬, 斜角搖椅步, 交叉交換

1-2 Touch R toes to R side, turning ½ right step R together and flick L foot back (6 o'clock) 右足趾右點, 右轉180度右足併踏左足後抬(面向6點鐘)

3-4 Cross rock L over R on R diagonal, recover weight on R 左足於右斜角前交叉下沉, 右足回復

5-6 Rock L back on L diagonal, recover weight on R 左足左斜角後下沉, 右足回復

7&8 Cross step L over R, step R side, cross step L over R 左足於右足前交叉踏, 右足右踏, 左足於右足前叉踏

**第二段** R Hitch & Cross Step R Over L, Hold, L Side, R Drag Ball Step, Fwd R & L, Hold With Head Movements (Whip Lash!) 右抬交叉, 候, 左踏, 拖併踏, 走走, 候帶轉頭

&1-2 Lift/hitch R up, cross step R over L, hold 右足抬, 右足於左足前交叉踏, 候

3-4 Step L side left (large step), drag R together (keeping weight on L) 左足左一大步, 右足拖併(重心在左足)

&5-6 Step R back, step L forward, step R forward 右足後踏, 左足前踏, 右足前踏

7&8 Step L forward, hold 左足前踏, 候  
Head movement on &8: Turn head R, then back forward with quick ¼ turns  
&8的頭部動作:頭向右後轉90度, 再轉回

**第三段** R Fwd Rock & Recover, R Back, L Fwd Flivk, L Back, R Sweep Into Behind-Side-Cross, ¼ R Hitching On L 右下沉回復, 後踏, 前抬, 後踏, 繞後旁前交叉, 1/4抬

1-2& Rock R forward, recover weight on L, step R back 右足前下沉, 左足回復, 右足後踏

3-4 Flick L forward, step L back 左足前抬, 左足後踏

5 Sweep R front to back 右足由前繞至後

6&7 Cross step R behind L, step L side, cross step R over L 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

8 Turning ¼ right on R lift/hitch L (9 o'clock) 右轉90度左足抬(面向9點鐘)

**第四段** L Cross Rock & Recover, L Side, R Cross Rock & Recover, R Ball Cross, ½ Hinge Bring Feet Together 交叉下沉回復, 側, 交叉下沉回復, 踏交叉, 1/2鍊轉

1-3 Cross rock L over R, recover weight on R, step L side left 左足於右足前交叉下沉, 右足回復, 左足左踏

4-5 Cross rock R over L, recover weight on L 右足於左足前交叉下沉, 左足回復

&6 Step R side, cross step L over R 右足右踏, 左足於右足前交叉踏

7-8 Turning ¼ left step R back, turning ¼ left step together (3 o'clock) 左轉90度右足後踏, 左轉90度左足併踏(面向3點鐘)

**TAG: OCCURS at END of 5th wall facing R side. Dance tag and start dance again.**  
第五面牆面向3點鐘方向, 加4拍後從頭起跳

Syncopated Jazz Box X2 變奏爵士方塊二次

- 1&2& Cross step R over L, step L back, step R side, step L together  
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足併踏
- 3&4& Cross step R over L, step L back, step R side, step L together  
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足併踏
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