

Conquering America (zh)

COPPER KNOB
BY STEPHEN

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Rafe Andersen (UK) - 2010年12月

Musique: Conquering America - BWO



前奏 : Intro: 0.32min 32秒後起跳

第一段 Rocking Chair, Full Turn L, Forward Shuffle

- 1-2 Rock R forward, recover onto L 右足前下沉, 左足回復
3-4 Rock R back, recover onto L 右足後下沉, 左足回復
5-6 Make ½ turn L step R back, make ½ turn L step L forward
左轉180度右足後踏, 左轉180度左足前踏
7&8 Step R forward, step L behind R, step R forward
右足前踏, 左足於右足後踏, 右足前踏

第二段 Forward Rock, L Coaster, Pivot ½ L, ¼ L, Drag

- 1-2 Rock L forward, recover onto R 左足前下沉, 右足回復
3&4 Step L back, step R beside L, step L forward
左足後踏, 右足併踏, 左足前踏
5-6 Step R forward, pivot ½ turn L 右足前踏, 左軸轉180度
7-8 Make ¼ turn L step R to R, drag L to R foot
左轉90度右足右踏, 左足拖併踏

第三段 L Kick Ball Cross Twice, Side, Behind, ¼ L Shuffle

- 1&2 Kick L forward diagonally L, step L beside R, cross R over L
左足斜角前踢, 左足併踏, 右足於左足前交叉踏
3&4 Kick L forward diagonally L, step L beside R, cross R over L
左足斜角前踢, 左足併踏, 右足於左足前交叉踏
5-6 Step L to L, step R behind L 左足左踏, 右足於左足後踏
7&8 Make ¼ turn L step L forward, lock R behind L, step L forward
左轉90度左足前踏, 右足於左足後鎖踏, 左足前踏

第四段 Pivot ½ L, R Kick Ball Change, ¼ L Sway R-L-R-L

- 1-2 Step R forward, pivot ½ turn L 右足前踏, 左軸轉180度
3&4 Kick R forward, step back on ball of R, step L forward
右足前踢, 右足踏, 左足前踏
5-8 Make ¼ turn L step R to R sway hips R, L, R, L
左轉90度右足右踏, 擺臀-右, 左, 右, 左

RESTART: ON wall 2, dance to count 32, then restart dance.

第二面牆跳至此, 從頭起跳

第五段 Back Shuffle Twice, Step Back. ½ L, Pivot ¼ L

- 1&2 Step R back, lock L over R, step R back
右足後踏, 左足於右足前鎖踏, 右足後踏
3&4 Step L back, lock R over L, step L back
左足後踏, 右足於左足前鎖踏, 左足後踏
5-6 Step R back, make ½ turn L step L forward
右足後踏, 左轉180度左足前踏
7-8 Step R forward, pivot ¼ turn L 右足前踏, 左軸轉90度

第六段 Cross Shuffle, ¼ R Back Shuffle, Back Rock, Full Turn L

- 1&2 Cross R over L, step L to L, cross R over L
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 3&4 Make ¼ turn R step L back, lock R over L, step L back
右轉90度左足後踏, 左足於左足前鎖踏, 左足後踏
- 5-6 Rock R back, recover onto L 右足後下沉, 左足回復
- 7-8 Make ½ turn L step R back, make ½ turn L step L forward
左轉180度右足後踏, 左轉180度左足前踏

第七段 R Chasse, Back Rock, L Chasse, Back Rock

- 1&2 Step R to R, step L beside R, step R to R
右足右踏, 左足併踏, 右足右踏
- 3-4 Rock L behind R, recover onto R 左足於右足後下沉, 右足回復
- 5&6 Step L to L, step R beside L, step L to L
左足左踏, 右足併踏, 左足左踏
- 7-8 Rock R behind L, recover onto L 右足於左足後下沉, 左足回復

第八段 Forward Rock, ½ R, ¼ R, Behind, ¼ L, R Kick Ball Change

- 1-2 Rock R forward, recover onto L 右足前下沉, 左足回復
- 3-4 Make ½ turn R step R forward, make ¼ turn R step L to L
右轉180度右足前踏, 右轉90度左足左踏
- 5-6 Step R behind L, make ¼ turn L step L forward
右足於左足後踏, 左轉90度左足前踏
- 7&8 Kick R forward, step back on ball of R, step L forward
右足前踢, 右足踏, 左足前踏
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