

Knee Deep (水深及膝) (zh)

COPPER KNOB
STEPPERS

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Adrian Churm (UK) - 2010年04月

Musique: Wade In the Water - Eva Cassidy : (CD: Songbird)



前奏 : Start dancing on lyrics 唱歌後起跳

第一段 Walk, Kick Cross Back, Coaster Step, Shuffle Forward 走, 走, 踢 交叉 後, 海岸步, 前交換

- 1-2 Step right forward, step left forward
右足前踏, 左足前踏
- 3&4 Kick right forward, cross right over left, step left back
右足前踢, 右足於左足前交叉踏, 左足後踏
- 5&6 Step right back, step left together, step right forward
右足後踏, 左足併踏, 右足前踏
- 7&8 Chassé forward left, right, left 前交換-左, 右, 左

第二段 Cross Rock, ¾ Triple Right, Cross, Side, Vaudeville 交叉下沉, 三步右3/4, 交叉, 側, 後交叉 側 點

- 1-2 Cross right over left, rock left back
右足於左足前交叉下沉, 左足後回復
- 3&4 Turn ¾ right, stepping right, left, right on the spot
右270度原地三步轉-右, 左, 右
- 5-6 Cross left over right, step right to side
左足於右足前交叉踏, 右足右踏
- 7&8 Cross left behind right, step right to side, touch left heel out to the left 左足於右足後交叉踏, 右足右踏, 左足踵左點

第三段 Close, Cross Side, Turn ¼ Right Into Coaster Step, Skate, Shuffle Forward 併, 交叉 側, 右1/4海岸步, 滑冰, 前交換

- &1-2 Close left towards right, cross right over left, step left to side
左足併踏, 右足於左足前交叉踏, 左足左踏
- 3&4 Turn ¼ right and step right back, close left foot to right, step right forward 右轉90度右足後踏, 左足併踏, 右足前踏
- 5-6 Skate left, skate right 左滑冰步, 右滑冰步
- 7&8 Chassé forward left, right, left 前交換-左, 右, 左

第四段 Rock Step, Lock Back Hold, Lock Back, ¼ Turn Into Ball Crosses To Right 下沉 回復, 後鎖 候, 後鎖, 1/2 交叉交換

- 1-2 Step right forward, rock back to left
右足前下沉, 左足回復
- &3-4 Step back to ball of right, cross left over right, hold
右足後踏, 左足於右足前交叉踏, 候
- &5 Step back to ball of right, cross left front in front of right
右足後踏, 左足於右足前交叉踏
- &6 Turn ¼ right and step ball of right to the side (small), cross left in front of right 右轉90度右足略右踏, 左足於右足前交叉踏

&7&8 Step right toe to the side (small), cross left over right, step ball of right to the side, cross left over right
右足略右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第五段 Side Rock, Sailor Step, Cross Behind Unwind ½ Left, Pivot Turn Left
側下沉 回復, 水手步, 後交叉 繞轉, 踏 轉

1-2 Rock right to side, recover to left 右足右下沉, 左足回復

3&4 Right sailor step 右水手步

5-6 Cross left behind right, unwind ½ turn to the left
左足於右足後交叉踏, 左繞轉180度

7-8 Step right forward, turn ½ left (weight to left)
右足前踏, 左軸轉180度(重心在左足)

第六段 Dorothy Steps, Rock Step, ½ Turn Shuffle Round To Left
桃樂蒂步, 下沉 回復, 轉交換

1-2& Step right diagonally forward, lock left behind right, small step right forward to right diagonal
右足右斜前踏, 左足於右足後鎖踏, 右足略右斜前踏

3-4& Step left diagonally forward, lock right behind left, small step left forward to left diagonal
左足左斜前踏, 右足於左足後鎖踏, 左足略左斜前踏

5-6 Step right forward, rock back to left
右足前下沉, 左足回復

7&8 ½ turn shuffle to right right, left, right
右180度轉交換-右, 左, 右

第七段 Dorothy Steps, Rock Step, ½ Turn Shuffle Round To Left
桃樂蒂步, 下沉 回復, 轉交換

1-2& Step left diagonally forward, lock cross right behind left, small step left forward to left diagonal
左足左斜前踏, 右足於左足後鎖踏, 左足略左斜前踏

3-4& Step right diagonally forward, lock cross left behind right, small step right forward to right diagonal
右足右斜前踏, 左足於右足後鎖踏, 右足略右斜前踏

5-6 Step left forward, rock back to right
左足前下沉, 右足回復

7&8 ½ turn shuffle to left left, right, left
左180度轉交換-左, 右, 左

第八段 Rock Step, Jazz Jump Back, Kick, Back, Heel Touch, Close Touch, Back, Heel Touch, Close
下沉 回復, 爵士後跳, 踢, 後, 踵點, 併點, 後, 踵點, 併

1-2 Step right forward, rock back to left
右足前下沉, 左足回復

&3-4 Jump back right, then left (feet apart), hold
右足後跳, 左足後跳(雙腳分開), 候

5&6 Kick right forward, step right back, touch left heel forward
右足前踢, 右足後踏, 左足踵前點

&7 Step left together, touch right together
左足併踏, 右足併點

&8& Step right back, touch left heel forward, step left together
右足後踏, 左足踵前點, 左足併踏
