

A Blue Christmas (一個藍色的聖誕節)

(zh)

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Nina Chen (TW) - 2014年12月

Musique: Blue Christmas - Engelbert Humperdinck



Intro: 16 counts (Starting on the word "Blue") (從聽到"Blue"時起跳)

S1: CROSS - POINT - CROSS - POINT - JAZZ BOX 1/4 TURN R

- 1-4 Cross RF over LF - Point LF out on L - Cross LF over RF - Point RF out on R
5-8 Cross RF over LF - Step LF back - 1/4 turn R (3:00) Step RF to R - Step LF forward
1-4 右足前交叉步 - 左足左側點 - 左足前交叉步 - 右足右側點
5-8 (爵士方塊步) 右足前交叉步 - 左足後踏 - 右轉1/4 (3:00) 右足右踏 - 左足前踏

S2: CHASSE - ROCK - RECOVER - SIDE - CROSS - 1/4 TRUN L FORWARD SHUFFLE

- 1&2 Step RF to R - Step LF beside RF - Step RF to R
3-4 Rock LF back - Recover onto RF
5-6 Step LF to L - Cross RF behind LF
7&8 1/4 trun L (12:00) Forward shuffle (L R L)
1&2 右足右踏 - 左足併於右足旁 - 右足右踏
3-4 左足後下沉步 - 重心回右足
5-6 左足左踏 - 右足後交叉步
7&8 左轉1/4 (12:00) 前交換步 (左 右 左)

S3: BACK SHUFFLE TURN L 1/2 - ROCK - RECOVER - STEP - HEEL DIG - STEP - HEEL DIG

- 1&2 Back shuffle (R L R) turn L 1/2 (6:00)
3-4 Rock LF back - Recover onto RF
5-6 Step LF to L (Bend knees slightly and Dip down - pushing hips Left) - Dig RF heel Diagonally forward R
7-8 Step RF to R (Bend knees slightly and Dip down - pushing hips Right) - Dig LF heel Diagonally forward L
1&2 後交換步 (右 左 右) 向左轉1/2 (6:00)
3-4 左足後下沉步 - 重心回右足
5-6 左足膝蓋微彎向左轉臀 - 右足足跟向右斜前方點
7-8 右足膝蓋微彎向右轉臀 - 左足足跟向左斜前方點

S4: BACK - KICK - BACK - KICK - ROCK - RECOVER - FORWARD - SWEEP

- 1-4 Step LF backward - Kick RF forward - Step RF backward - Kick LF forward
5-8 Rock LF back - Recover onto RF - Step LF forward - Sweep RF forward
1-4 左足後踏 - 右足前踢 - 右足後踏 - 左足前踢
5-8 左足後下沉步 - 重心回右足 - 左足前踏 - 右足由後往前繞步

Have Fun & Happy Dancing!

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