

Isle Of Paradise (排舞樂園) (zh)

COPPER KNOB
BY STEPHEN BRETZ

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Audrey Watson (SCO) - 2006年12月

Musique: Isle of Paradise (Radio Edit) - Bluelagoon : (CD: Isle of Paradise or Napster)



前奏 : 32 Count Intro 32拍後起跳

- 第一段 Side Strut, Back Rock, Side Rock, Back Rock, Step Behind 1/4 Turn, Step 3/4 Turn, Touch.**
側趾踵, 後下沉, 側下沉, 後下沉, 後踏轉1/4, 踏轉3/4, 點
- 1&2& Step Left Toe To Left Side, Drop Heel To Floor, Rock Back On Right Behind Left, Rock Fwd On Left. [12]
左足趾左點, 左足踵踏, 右足於左足後下沉, 左足前下沉(12點鐘)
- 3&4& Rock Right To Right Side, Recover On Left, Rock Right Back Behind Left, Recover Fwd On Left. [12]
右足右下沉, 左足回復, 右足於左足後下沉, 左足前回復(12點鐘)
- 5&6 Step Right To Right Side, Cross Left Behind Right, Turn 1/4 Right Stepping Fwd On Right. [3]
右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏(面向3點鐘)
- 7&8 Step Fwd On Left, Pivot 1/2 Turn Right, Turn 1/4 Right Touching Left Toe To Left Side. [12]
左足前踏, 右轉180度, 右轉90度左足左點(12點鐘)
- 第二段 Back, Rock, Touch, Back Coaster Step, Step Pivot Step, Full Turn**
後, 下沉, 點, 後海岸步, 踏轉踏, 轉圈
- 1&2 Rock Back On Left, Recover Fwd On Right, Touch Left Toe To Left Side. [12] 左足後下沉, 右足前回復, 左足趾左點(12點鐘)
- 3&4 Step Back On Left, Step Right Next Left, Step Fwd On Left. [12]
左足後踏, 右足併踏, 左足前踏(12點鐘)
- 5&6 Step Fwd On Right, Pivot 1/2 Turn Left, Step Fwd On Right. [6]
右足前踏, 左轉180度, 右足前踏(6點鐘)
- 7-8 Turn 1/2 Right Stepping Back On Left, Turn 1/2 Right Stepping Fwd On Right. [6] 右轉180度左足後踏, 右轉180度右足前踏(6點鐘)
- 第三段 Side Tog Fwd, Side Tog Back, Back Lock Step, Sailor 1/4 Turn**
側併前, 側併後, 後鎖步, 轉1/4水手步
- 1&2 Step Left To Left Side, Close Right Next Left, Step Fwd On Left. [6] 左足左踏, 右足併踏, 左足前踏(6點鐘)
- 3&4 Step Right To Right Side, Close Left Next Right, Step Back On Right. [6] 右足右踏, 左足併踏, 右足後踏(6點鐘)
- 5&6 Step Back On Left, Cross Right Over Left, Step Back On Left. [6]
左足後踏, 右足於左足前交叉踏, 左足後踏(6點鐘)
- 7&8 Turn 1/4 Right Sweeping Right Out And Round Behind Left, Step Left To Left Side, Step Right To Right Side. [9]
右轉90度右足繞至左足後, 左足左踏, 右足右踏(面向9點鐘)
- 第四段 Chasse Left, Back Rock Kick & Cross Shuffle, Back Side Cross.**
左追步, 後下沉踢 & 交叉交換, 後側交叉
- 1&2 Step Left To Left Side, Close Right Next Left, Step Left To Left Side. [9] 左足左踏, 右足併踏, 左足左踏(面向9點鐘)
- 3&4& Rock Back On Right, Recover Fwd On Left, Kick Right Foot Fwd, Step Right Next Left. [9]
右足後下沉, 左足前回復, 右足前踢, 右足併踏(9點鐘)

- 5&6 Cross Left Over Right, Step Right To Right Side, Cross Left Over Right. [9] 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(面向9點鐘)
- 7&8 Step Back On Right, Step Left To Left Side, Cross Right Over Left. [9] 右足後踏, 左足左踏, 右足於左足前交叉踏(面向9點鐘)
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