

I Fell Apart (完全崩潰) (zh)

COPPER KNOB
STEPPERS

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: John Reid (UK) - 2010年07月

Musique: I Fell Apart - Drizabone Soul Family



第一段 Slide, Behind & Cross, Side Rock, Behind And Turn 滑, 後旁前, 右下沉回復, 後左1/4踏

- 1-2 Slide right to right side, draw left up to right
右足右滑踏, 左足拖併
- 3&4 Cross left behind right; recover on right and cross left over right
左足於右足後交叉踏, 右足回復, 左足於右足前交叉踏
- 5-6 Rock right to right side, recover on left
右足右下沉, 左足回復
- 7&8 Cross right behind left, recover on left making ¼ turn left, step forward right 右足於左足後交叉踏,
左足回復左轉90度, 右足前踏

第二段 Toe Touches X2, Cross Kicks X6 點收點收交叉點二次, 點收點收交叉點二次

- 1&2 Touch left toe across right and touch right toe across left
左足趾於右足前交叉點, 左足踏, 右足於趾左足前交叉點
- 3&4 Kick left foot across right twice 左足趾於右足前交叉點 二次
- &5&6 Kick right foot across left and kick left foot across right
右足於左足前交叉踢, 右足踏, 左足於右足前交叉踢, 左足踏
- &7-8 Kick right foot across left twice
右足於左足前交叉點 二次

第三段 ¼ Turn, ½ Turn, Coaster Step, Cross Mambo's X2 1/4, 1/2, 海岸步, 交叉曼波二次

- 1-2 Make a ¼ turn right stepping on right, make a ½ turn right stepping back on left 右轉90度右足踏,
右轉180度左足後踏
- 3&4 Step back on right, close left next to right, step forward on right
右足後踏, 左足併踏, 右足前踏
- 5&6 Cross left over right, recover on right, step left beside right
左足於右足前交叉踏, 右足回復, 左足併踏
- 7&8 Cross right over left, recover on left, step right beside left
右足於左足前交叉踏, 左足回復, 右足併踏

第四段 Cross ¼ Turn, ½ Turning Shuffle, Rock Forward, ½ Turning Shuffle 交叉, 左1/4, 轉交換, 下沉回復, 轉交換

- 1-2 Cross left over right, make a quarter turn left stepping back on right
左足於右足前交叉踏, 左轉90度右足後踏
- 3&4 Make a half turn left on left, together right, left
轉交換-左轉180度左足前踏, 右足併踏, 左足前踏
- 5-6 Rock forward on right, recover on left
右足前下沉, 左足回復
- 7&8 Make a half turn right on right, together left, right
右轉180度右足前踏, 左足併踏, 右足前踏

- 第五段 Quarter Right, Cross Shuffle, Slide Right, Behind & Cross**
右1/4, 交叉交換, 右滑踏, 後 旁 前
- 1-2 Step forward on left making $\frac{1}{4}$ turn right, recover onto right
右轉90度左足前踏, 右足回復
- 3&4 Cross left over right, step right next to left, cross left over right 左足於右足前交叉踏, 右足併踏, 左足於右足前交叉踏
- 5-6 Slide right to right side, draw left up to right
右足右滑踏, 左足拖併
- 7&8 Cross left behind right, recover on right, cross left over right
左足於右足後交叉踏, 右足回復, 左足於右足前交叉踏
- 第六段 Side Rock, Weave, Behind & Cross**
右下沉 回復, 藤步, 後 旁 前
- 1-2 Rock right to right side, recover on left
右足右下沉, 左足回復
- 3-4 Cross right behind left, step left to left side
右足於左足後交叉踏, 左足左踏
- 5-6 Cross right in front of left, step left to left side
右足於左足前交叉踏, 左足左踏
- 7&8 Cross right behind left, recover on left, cross right over left
右足於左足後交叉踏, 左足回復, 右足於左足前交叉踏
- 第七段 Rock & Cross, Quarter Left, Right Shuffle, Forward Rock**
曼波交叉, 右下沉 左1/4, 前交換, 下沉 回復
- 1&2 Rock left to left side, recover on right, cross left over right
左足左下沉, 右足回復, 左足於右足前交叉踏
- 3-4 Rock right to right side, make a $\frac{1}{4}$ left stepping left
右足右下沉, 左轉90度左足踏
- 5&6 Step forward right, step left next to right, step forward right
右足前踏, 左足併踏, 右足前踏
- 7-8 Rock forward on left, recover on right
左足前下沉, 右足回復
- 第八段 $1\frac{1}{2}$ Turns Left, Left Shuffle, $\frac{1}{4}$ Turn Cross, Rock & Cross**
轉 轉, 轉交換, 曼波左1/4交叉, 曼波交叉
- 1-2 Make a $\frac{1}{2}$ turn left stepping onto left, make a $\frac{1}{2}$ turn left stepping back right 左轉180度左足踏, 左轉180踏右足後踏
- 3&4 Pivot $\frac{1}{2}$ turn left step forward left, step right beside left, step forward left 左軸轉180度左足前踏, 右足併踏, 左足前踏
- 5&6 Rock right to right side, step back on left making $\frac{1}{4}$ turn left, cross right over left 右足右下沉, 左足回復左轉90度, 右足於左足前交叉踏
- 7&8 Rock left to left side, recover on right, cross left over right
左足左下沉, 右足回復, 左足於右足前交叉踏
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