

I Held Your Hand (執子之手) (zh)

COPPER KNOB
BY STEPHEN METZ

Compte: 0

Mur: 0

Niveau: Advanced

Chorégraphe: Merete Sevel (DK) & Niels Poulsen (DK) - 2008年07月

Musique: My Immortal (Band Version) - Evanescence



前奏 : Intro: 16 count intro 16拍後起跳

Sequence of sections舞序順序are:

A, B, A (with restart), A, B, B (1-32), A (33-48), B, A

A Section A 部份

第一段 Cross Rock Side X 3, ¼ L With Side Step, Cross Rock Side, Cross Rock
交叉下沉側三次, 左轉1/4側踏, 交叉下沉側, 交叉下沉

1&2& Cross rock L over R, recover back on R, step L to L side, cross rock R over L [12:00]
左足於右足前交叉下沉, 右足後回復, 左足左踏, 右足於左足前交叉下沉(面向12點鐘)

3&4& Recover back on L, step R to R side, cross rock L over R, recover back on R [12:00]
左足後回復, 右足右踏, 左足於右足前交叉下沉, 右足後回復(面向12點鐘)

5&6& Turn ¼ turn L stepping L to L side, cross rock R over L, recover L, step R to R side [9:00]
左轉90度左足左踏, 右足於左足前交叉下沉, 左足回復, 右足右踏(面向9點鐘)

7-8 Cross rock L over R (facing 10:30), recover back on R (10:30)
左足於右足前交叉下沉(面向10:30), 右足後回復(面向10:30)

第二段 1½ Turn L, Step Lock Step, Sweep 3/8 R, Cross Shuffle, Side Mambo
左轉1½, 踏鎖踏, 右繞3/8, 交叉交換, 側曼波

1&2 Make ½ turn L stepping fw on L, make ½ turn L stepping back on R, make ½ turn L stepping fw on L [4:30]
左轉180度左足前踏, 左轉180度右足後踏, 左轉180度左足前踏(面向4:30)

8&3& Step lock step R-L-R [4:30] 鎖步-右, 左, 右(面向4:30)

4 Turn 3/8 R on R foot (squaring up to 9:00) sweeping L around [9:00]
右轉135度回正右足踏(面向9點鐘)左足繞(面向9點鐘)

5&6 Cross shuffle L-R-L [9:00] 交叉交換-左, 右, 左(面向9點鐘)

8&7-8 Rock R to R side, recover back on L, step R next to L [9:00]
右足右下沉, 左足後回復, 右足併踏 (面向9點鐘)
(RESTART here 2nd time doing A) 第二次A部份從頭起跳

第三段 Cross, Rock & Cross, ½ R, Cross, Side Rock, Touch Point Touch, Side Drag 交叉, 下沉 & 交叉, 右轉1/2, 交叉, 側下沉, 點點點, 側拖

1&2& Cross L over R, rock R to R side, recover on L, cross R over L [9:00]
左足於右足前交叉踏, 右足右下沉, 左足回復, 右足於左足前交叉踏(面向9點鐘)

3&4& Make ¼ turn R step back on L, make ¼ turn R step R to R side, cross L over R, rock R to R side [3:00]
右轉90度左足後踏, 右轉90度右足右踏, 左足於右足前交叉踏, 右足右下沉(面向3點鐘)

5&6& Recover on L, touch R next to L, point R to R side, touch R next to L [3:00] 左足回復, 右足併點, 右足右點, 右足併點(面向3點鐘)

7-8 Step R to R side, drag and touch L next to R [3:00]
右足右踏, 左足拖併點(面向3點鐘)

第四段 ¼ L, Step ¼ Cross, Full Turn R, Behind Side, Cross Rock ¼ R, 1½ R
左1/4, 踏轉1/4交叉, 右轉圈, 後側, 交叉下沉右轉1/4, 右1/2

1&2& Turn ¼ L stepping fw on L, step fw R, turn ¼ L on L, cross R over L [9:00]
左轉90度左足前踏, 右足前踏, 左轉90度左足踏, 右足於左足前交叉踏(面向9點鐘)

3&4 Turn ¼ R stepping back on L, turn ½ R stepping fw on R, turn ¼ R stepping L to side [9:00]
右轉90度左足後踏, 右轉180度右足前踏, 右轉90度左足左踏(面向9點鐘)

5&6& Step R behind L, step L to L side, cross rock R over L, recover on L [9:00]
右足於左足後踏, 左足左踏, 右足於左足前交叉下沉, 左足回復(面向9點鐘)

7& Turn ¼ R stepping fw on R, turn ½ R stepping back on L [6:00]
右轉90度右足前踏, 右轉180度左足後踏(面向6點鐘)

- 8& Turn ½ R stepping fw on R, turn ½ R stepping back on L [6:00]
右轉180度右足前踏, 右轉180度左足後踏(面向6點鐘)
- 第五段 ½ R With Sweep, Back Twinkles X 2, Cross Rock, & Cross Full Unwind L 右繞轉1/2, 後華士步二次, 交叉下沉 & 交叉左轉圈**
- 1-2& Turn ½ R stepping fw on R and sweeping L in front of R, cross L over R, step back R [12:00]
右轉180度右足前踏左足繞至右足前, 左足於右足前交叉踏, 右足後踏(面向12點鐘)
- 3&4& Step slightly back on L, cross R over L, step slightly back on L, step R to R side [12:00]
左足略後踏, 右足於左足前交叉踏, 左足略後踏, 右足右踏(面向12點鐘)
- 5-6 Cross rock L over R, recover back on R [12:00]
左足於右足前交叉下沉, 右足後回復(面向12點鐘)
- 8&7-8 Step L next to R, cross R over L, unwind full turn L (end with weight on R) [12:00]
左足併踏, 右足於左足前交叉踏, 左轉圈(重心在右足)(面向12點鐘)
- 第六段 ¼ L, ¼ L With Hitch, Cross, Side Rock Cross, Side R, Hinge ½ L, 3 Sways 左1/4, 左1/4抬, 交叉, 側下沉交叉, 右側, 抬左1/2, 三次擺臀**
- 1-3 Turn ¼ L stepping fw on L, turn ¼ L on ball of L hitching R in figure 4, cross R over L [6:00]
左轉90度左足前踏, 左轉90度右足抬像數字4(面向6點鐘)
- 8&4&5 Rock L to L side, recover on to R, cross L over R, step R small step to R side [6:00]
左足左下沉, 右足回復, 左足於右足前交叉踏, 右足略右踏(面向6點鐘)
- 6 Turn ½ L on R foot leaving L knee hitched [12:00]
左轉180度左膝抬(面向12點鐘)
- 7-8& Step down on L with sway L, sway R, sway L (weight on L) [12:00]
左足踏左擺臀, 右擺臀, 左擺臀(重心在左足)(面向12點鐘)
- B Section B部份
- 第一段 R Basic, ¼ R With L Basic, R Basic, ¼ R With L Basic 右基本步, 右1/4左基本步, 右基本步, 右1/4基本步**
- 1-2& Step R to R side, step L behind R, cross R over L [12:00]
右足右踏, 左足於右足後踏, 右足於左足前交叉踏(面向12點鐘)
- 3-4& Make ¼ turn R stepping L to L side, step R behind L, cross L over R [3:00]
右轉90度左足左踏, 右足於左足後踏, 左足於右足前交叉踏(面向3點鐘)
- 5-6& Repeat 1-2& [3:00] 重覆1-2&(面向3點鐘)
- 7-8& Repeat 3-4& [6:00] 重覆3-4&(面向6點鐘)
- 第二段 ¼ R, Full Turn R, Fw L, Mambo Step Fw, Back Twinkles X 2, ¼ R 右1/4, 右轉圈, 左前, 前曼波, 後華士步二次, 右1/4**
- 1 Turn ¼ R stepping fw on R [9:00]
右轉90度右足前踏(面向9點鐘)
- 2&3 Turn ½ R stepping back on L, turn ½ R stepping fw on R, step fw on L [9:00]
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(面向9點鐘)
- 4&5 Rock fw on R, recover back on L, step back on R [9:00]
右足前下沉, 左足後回復, 右足後踏(面向9點鐘)
- 6&7 Cross L over R, step back on R, step back on L [9:00]
左足於右足前交叉踏, 右足後踏, 左足後踏(面向9點鐘)
- 8&8& Cross R over L, step back on L, turn ¼ R stepping R to R side [12:00]
右足於左足前交叉踏, 左足後踏, 右轉90度右足右踏(面向12點鐘)
- 第三段 ½ R With Sweep, Full Turn R Into Side Lunge L, Recover & Step Fw R To L Diagonal, Full Triple R, R Mambo Fw 右繞1/2, 右轉圈左曲膝, 回復出 右於左斜角前踏, 右小三步轉圈, 右曼波**
- 1 Turn ½ R stepping L to L side and sweeping R out to side at the same time [6:00] 右轉180度左足左踏右足繞(面向6點鐘)
- 2-3 Continue turning another ½ turn R stepping R to R, turn another ½ R lunging L to L side bending L leg (keeping R leg straightened) [6:00] 右轉180度右足右踏, 右轉180度左足左曲膝右腿伸直
- 4&5 Recover R, close L behind R, step R fw towards 4:30 turning upper body to L (prep) [4:30]
右足回復, 左足於右足後踏, 右足前踏(面向4:30)

6&7 Make full triple turn R (L-R-L) [4:30]
小三步右轉圈-左, 右, 左(面向4:30)

8&1 Rock fw on R, recover back on L, step back on R [4:30]
右足前下沉, 左足後回復, 右足後踏(面向4:30)

第四段 **1½ Turn L, Step Full Spiral Turn, Rock Recover Side, Rock Recover Touch** 左轉1½, 踏螺旋轉, 下沉回復側, 下沉回復點

2&3 Turn ½ L stepping fw on L, turn ½ L stepping back on R, turn ½ L stepping fw on L [10:30]
左轉180度左足前踏, 左轉180度右足後踏, 左轉180度左足前踏(面向10:30)

4&5 Step fw on R, make full spiral turn L, rock fw on L [10:30]
右足前踏, 左螺旋轉圈, 左足前下沉(面向10:30)

6&7 Recover on R, step L small step to L side, rock fw on R [10:30]
右足回復, 左足左略踏, 右足前下沉(面向10:30)

8& Recover back on L, touch R next to L [squaring up to 12:00]
左足後回復, 右足併點(面向12點鐘)

第五段 **Lunge R To R Side, Hold, Recover, Bring R To L**
右足右曲膝, 候, 回復, 右拖併踏

1 – 2 Lunge R to R side leaving L leg straightened, Hold [12:00]
右足右曲膝踏左腳伸直, 候(面向12點鐘)

3 – 4 Recover weight to L foot dragging R towards L, bring R next to L (weight R) [12:00]
左足回復右足拖併, 右足併踏重心在右足(面向12點鐘)

ENDING: The music starts to fade out DURING the 2 full turns (count 31-32) in the A section. Slow down with the music and add another slow full turn sweeping L forward! 12:00 結束:當A部份二個轉圈音樂漸退時, 加一個慢轉圈左足繞至前面
向12點鐘
