

Sunday Morning Girl (假日晨女) (zh)

COPPER KNOB
STEPSHEETS

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK) - 2007年06月

Musique: Sunday Girl - Erasure



- 第一段 TOE. KICK-BALL-CHANGE. SIDE. SAILOR-STEP. SAILOR-TURN 1/4**
點, 踢交換步, 側踏, 水手步, 轉1/4水手步
- 1,2&3,4 Touch R toe in place, R kick-ball-change, step R to side
右足趾原地點, 右足踢交換步, 右足側踏
- 5&6,7&8 L sailor-step, R sailor-step 1/4 turn R (3:00)
左足水手步, 右足右轉90度水手步
- 第二段 CROSS. POINT. CROSS. POINT. BEHIND. POINT. BEHIND. UN-WIND**
交叉, 點, 交叉, 點, 後, 點, 後, 旋繞
- 1-4 Cross L over R, point R to side, cross R over L, point L to side
左足於右足前交叉踏, 右足側點, 右足於左足前交叉踏, 左足側點
- 5-8 Step L behind R, point R to side, touch R behind L, un-wind 1/2 turn R (9:00).
左足於右足後踏, 右足側點, 右足於左足後點, 右旋繞180度(9點鐘)
- 第三段 STEP. TOUCH. HEEL-JACK. STEP. TOUCH. SIDE-ROCK. RECOVER. BEHIND. TURN. STEP**
踏, 點, 踵點, 踏, 點, 側下沉, 回復, 後, 轉, 踏
- 1,2&3&4 Step fwd L, touch R beside L, step back R, touch L heel fwd, step L in place, touch R beside L
左足前踏, 右足於左足後點, 右足後踏, 左足踵前點, 左足踏, 右足於左足後點
- 5,6,7&8 Rock R to side, recover, step R behind L, 1/4 turn L (6:00) step fwd L, step fwd R
右足右下沉, 回復, 右足於左足後踏, 左轉90度(6點鐘)左足前踏, 右足前踏
- 第四段 ROCK. RECOVER. COASTER-STEP. ROCK. RECOVER. TURN 1/2. TURN 1/4.**
下沉, 回復, 海岸步, 下沉, 回復, 轉1/2, 轉1/4
- 1,2,3&4 Rock fwd L, recover, L coaster-step
左足前下沉, 右足回復, 左海岸步
- 5-8 Rock fwd R, recover, 1/2 turn R (12:00) step fwd R, 1/4 turn R (3:00) step L to side.
右足前下沉, 右轉180度(12點鐘)右足前踏, 右轉90度左足左踏
- 第五段 SAILOR-TURN 1/4. STEP. SWEEP. STEP. SWEEP. ROCK. RECOVER**
水手-轉1/4, 踏, 旋繞, 踏, 旋繞, 下沉, 回復
- 1&2,3,4 R sailor-step 1/4 turn R (6:00), step fwd L, sweep R.
右轉90度水手步(6點鐘), 左足前踏, 右足旋繞至前
- 5-8 Step fwd R, sweep L, rock fwd L, recover.
右足前踏, 左足旋繞至前, 左足前下沉, 右足回復
- 第六段 ROCK. RECOVER. STEP. TURN 1/2. STEP. TOUCH. WALK. WALK.**
下沉, 回復, 踏, 轉1/2, 踏, 點, 走, 走
- 1-4 Rock back L, recover, step fwd L, pivot 1/2 R (12:00).
左足後下沉, 右足回復, 左足前下沉, 右轉180度(12點鐘)
- 5-8 Step fwd L, touch R beside L, walk fwd R, walk fwd L.
左足前踏, 右足併點, 右走步, 左走步
- ** RESTART point DURING wall3 第三面牆從頭起跳**
- 第七段 ROCK. RECOVER. COASTER-CROSS. SIDE-ROCK. RECOVER. BEHIND. TURN. STEP.**下沉,
回復, 交叉海岸步, 側-下沉, 回復, 後, 轉, 踏

- 1,2,3&4 Rock fwd R, recover, R coaster-cross.
右足前下沉, 左足回復, 右足交叉海岸步
- 5,6,7&8 Rock L to side, recover, step L behind R, 1/4 turn R (3:00) step fwd R, step fwd L.
左足左下沉, 右足回復, 左足於右足後踏, 右轉90度(3點鐘)
右足前踏, 左足前踏
- 第八段 KICK-BALL-POINT. KICK-BALL-POINT. TOE. UN-WIND. WALK. WALK.**
踢交換點, 踢交換點, 趾, 旋繞, 走, 走
- 1&2,3&4 R kick-ball-point, L kick-ball-point.
右足踢交換點, 左足踢交換點
- 5-8 Touch R toe over L, un-wind 3/4 turn L (6:00 leaving weight on L), walk fwd R, walk fwd L.
右足趾於左足前點, 左旋繞270度(6點鐘重心在左足), 右足前走, 左足前走
- TAG ROCK, RECOVER, ROCK, RECOVER. (Tag on the end of wall 2 only)**
下沉, 回復, 下沉, 回復(在第二面牆加拍)
- 1-4 Rock fwd R, recover, rock back R, recover (rocking-chair).
右足前下沉, 左足回復, 右足後下沉, 左足回復(搖椅步)
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