

Situation (隨遇而安) (zh)

COPPER KNOB
STEPSHEETS

Compte: 56

Mur: 4

Niveau: Intermediate/Advanced



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

Musique: Situation (U.S. 12" Mix) - Yazoo

前奏 : Intro: 24 counts from first beat

第一段 Point, Swivels, Coaster, Step ¼ R, ¼ L, ½ L
點, 踵轉, 海岸步, 右踏轉1/4, 左轉1/4, 左轉1/2

1&2 Point R fw, step onto R swivelling both heels fw and R, return heels back to centre [12:00]
右足前點, 右足踏雙足踵向右旋轉, 雙足踵旋轉回原位(面向12點鐘)

3&4 Step back on R, bring L next to R, step fw R [12:00]
右足後踏, 左足併踏, 右足前踏(面向12點鐘)

5 - 6 Step fw L, turn ¼ R (weight R) [3:00]
左足前踏, 右轉90度重心在右足(面向3點鐘)

7 - 8 Reverse your ¼ turn stepping onto and to the L, turn ½ L stepping back on R [6:00] 反向左轉90度左足踏, 左轉180度右足後踏(面向6點鐘)

第二段 ¼ L, Rock Fw R, & Step ¼ R, L And R Sailor Steps Travelling Fw, Step Fw L 左轉1/4, 右前下沉, &踏右
轉1/4, 左右向前水手步, 左前踏

&1 - 2 Turn ¼ L stepping L a small step to L side, rock fw R, recover L [3:00]
左轉90度左足左略踏, 右足前下沉, 左足回復(面向3點鐘)

&3 - 4 Bring R next to L, step fw L, turn ¼ R stepping onto R [6:00]
右足併踏, 左足前踏, 右轉90度右足踏(面向6點鐘)

5&6 Cross L behind R, step R fw to the diagonal, step L fw to the diagonal [6:00]
左足於右足後交叉踏, 右足斜角線前踏, 左足斜角線前踏(面向6點鐘)

&7&8 Cross R behind L, step L fw to the diagonal, step R fw to the diagonal, step fw L [6:00]
右足於左足後交叉踏, 左足斜角線前踏, 右足斜角線前踏, 左足前踏(面向6點鐘)

第三段 Modified Paddle ¼ Turn With Touch X 2, R Side Touch Side, Cross Point X 2 划槳步轉1/4點二次, 右側點
側, 交叉點二次

1 - 2& Step fw R, as you paddle ¼ L on R touch L next to R, step L small step to L side [3:00] 右足前踏, 左轉90度
左足併點, 左足左略踏(面向3點鐘)

3 - 4& Step fw R, as you paddle ¼ L on R touch L next to R, step L small step to L side [12:00] 右足前踏, 左轉90
度左足併點, 左足左略踏(12點鐘)

5 - 6& Step R to R side, touch L next to R, step L small step to L side [12:00]
右足右踏, 左足併點, 左足左略踏(面向12點鐘)

7&8& Cross point R over L, recover R, cross point L over R, recover L [12:00]
右足於左足前交叉點, 右足回復, 左足於右足前交叉點, 左足回復(面向12點鐘)

1 Restart: On wall 4 (facing 3:00). Do the first 24 counts and restart dance facing 3:00 第四面牆(面向3點鐘)第24拍後
從頭起跳

第四段 Knee Pop ¼ L, L Coaster Step, Touch Behind, Unwind ¾ R, L Mambo Fw
膝彈左轉1/4, 左海岸步, 後點, 右轉3/4, 左前曼波

1&2 Step fw R, pop both knee fw starting to turn ¼ L, complete ¼ L stepping down on R [9:00]
右足前踏, 雙膝彈起左轉90度, 左轉90度右足踏(面向9點鐘)

3&4 Step back on L, step R next to L, step fw on L [9:00]
左足後踏, 右足併踏, 左足前踏(面向9點鐘)

5 - 6 Touch R behind L, unwind ¾ R shifting weight to R foot [6:00]
右足於左足後點, 右轉270度重心在右足(面向6點鐘)

7&8 Rock L fw, recover weight back to R, bring L next to R [6:00]
左足前下沉, 右足後回復, 右足併踏(面向6點鐘)

- 第五段** Fw R, Heel Pops With ½ L, L Coaster, Fw R, Heel Pops With ½ L, Point, ½ L右前, 踵彈左轉1/2, 左海岸步, 右前, 踵彈左轉1/2, 點, 左轉1/2
- 1&2 Step fw R, swivel L heel ¼ R (R foot stays!), swivel R heel ½ R and L heel ¼ R [12:00]
右足前踏, 左足踵右旋轉90度(右足不動), 右足踵右轉180度左足踵右轉90度(面向12點鐘)
- 3&4 Step back on L, bring R next to L, step fw L [12:00]
左足後踏, 右足併踏, 左足前踏(面向12點鐘)
- 5&6 Step fw R, swivel L heel ¼ R (R foot stays!), swivel R heel ½ R and L heel ¼ R [6:00]
右足前踏, 左足踵右轉90度(右足不動), 右足踵右轉180度左足踵右轉90度(面向6點鐘)
- 7 - 8 Point L foot back, turn ½ L stepping onto L [12:00]
右足後點, 左轉180度左足踏(面向12點鐘)
- 第六段** Tap R Out X 3, Tap L Out X 3, R Jazz Box, Syncopated L Step Lock Step 右點點點 左點點點 右爵士方塊 變奏踏鎖踏
- 1&2 Tap R foot close to L, tap R toe further out to side, step out on R [12:00] 右足併點, 右足略右點, 右足右點(面向12點鐘)
- 3&4 Tap L foot close to R, tap L toe further out to side, step out on L [12:00] 左足併點, 左足略左點, 左足左點(面向12點鐘)
- 5 - 7 Cross R over L, step back on L, step R small step to R side [12:00]
右足於左足前交叉踏, 左足後踏, 右足略右踏(面向12點鐘)
- 8&8 Step fw on L, lock R behind L, step fw on L [12:00]
左足前踏, 右足於左足後鎖步, 左足前踏(面向12點鐘)
- 第七段** Side Switches & Chasse R, Back Rock Side, Sailor ¾ R, Fw L
左右點踏交換 右追步 後下沉回復 側踏 右轉3/4水手步, 左前
- 1&2& Point R to R side, bring R next to L, point L to L side, bring L next to R [12:00] 右足右點, 右足併踏, 左足左點, 左足併踏(面向12點鐘)
- 3&4 Step R to R side, bring L next to R, step R to R side [12:00]
右足右踏, 左足併踏, 右足右踏(面向12點鐘)
- 5&6 Rock back on L, recover R, step L to L side [12:00]
左足後下沉, 右足回復, 左足左踏(面向12點鐘)
- 7&8& Cross R behind L turning ¼ R, turn ¼ R stepping L beside R, turn ¼ R stepping R small step fw, step fw on L [9:00]
右足於左足後交叉踏右轉90度, 右轉90度左足併踏, 右轉90度右足略前踏, 左足前踏(面向9點鐘)
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