

# Solitary Man (zh)

COPPER KNOB  
STEPSHEETS

Compte: 0

Mur: 4

Niveau: Improver

Chorégraphe: Max Perry (USA) - 2011年01月

Musique: Solitary Man - Neil Diamond



## Part A: Verse A部份 : 主曲

### 第一段 Fwd Rock, Hold, Back Rock, Hold

- 1-4 Rock L fwd, Step R in place, Step L next to R, Hold  
左足前下沉, 右足踏, 左足併踏, 候
- 5-8 Rock R back, Step L in place, Step R next to L, Hold  
右足後下沉, 左足踏, 右足併踏, 候

### 第二段 Side Rock, Cross & Hold, Side Rock, Cross & Hold

- 1-4 Rock L to left side, Step R in place, Cross step L over R, Hold  
左足左下沉, 右足踏, 左足於右足前交叉踏, 候
- 5-8 Rock R to right side, Step L in place, Cross step R over L, Hold  
右足右下沉, 左足踏, 右足於左足前交叉踏, 候

### 第三段 Toe-Heel Strut Across Traveling to Left Side, Side Rock, Cross & Hold

- 1-4 Step L to left side (toe turned out) with toe, Lower Heel, Cross step R over L with toe, Lower R heel  
左足趾左點(足趾向外), 左足踵踏, 右足趾於左足前交叉點, 右足踵踏
- 5-8 Rock L to left side, Step R in place, Cross step L over R, Hold (turning to look to right side)  
左足左下沉, 右足回復, 左足於右足前交叉踏(向外看)

### 第四段 Toe-Heel Strut Across Traveling to Right Side, Turn 1/4 & Rock, Recover, Turn 1/4 & Step Side

- 1-4 Step R to right side with toe (toe turned out), Lower R heel, Cross step L over R with toe, Lower L heel  
右足趾右點(足趾向外), 右足踵踏, 左足趾於右足前交叉點, 左足踵踏
- 5-8 Turn 1/4 right as you rock R forward, Step L in place (recover) face 3:00, Turn 1/4 right as you step R to right side, Hold (face 6:00)  
右轉90度右足前下沉, 左足回復(面向3點鐘), 右轉90度右足右踏, 候(面向6點鐘)

REPEAT PART A "VERSE" then add the following 4 counts:

再重覆跳一次A部份, 再跳下面4拍, 成一套完整的A部份

### Cross Rock, Side Rock

- 1-4 Cross Rock L over R, Step R in place, Rock L to left side, Step R in place  
左足於右足前交叉下沉, 右足回復, 左足左下沉, 右足回復

## Part B: Chorus B部份

### 第一段 Open Left Box Steps Turning 1/4 Per Measure (2 Measures)

- 1-4 Step L fwd & turn 1/4 L, Step R to right side, Step L back, Hitch R knee  
左足前踏左轉90度, 右足右踏, 左足後踏, 右膝抬
- 5-8 Step R back & turn 1/4 left, Step L to left side, Step R fwd, Hitch L knee  
右足後踏左轉90度, 左足左踏, 右足前踏, 左膝抬

### 第二段 Open Left Box Steps Turning 1/4 Per Measure (2 Measures)

- 1-4 Step L fwd & turn 1/4 L, Step R to right side, Step L back, Hitch R knee  
左足前踏左轉90度, 右足右踏, 左足後踏, 右膝抬
- 5-8 Step R back & turn 1/4 left, Step L to left side, Step R fwd, Hitch L knee  
右足後踏左轉90度, 左足左踏, 右足前踏, 左膝抬

**第三段 Charleston Touches w/ Slow Coaster Steps**

- 1-4 Step L forward, Hold, Touch R fwd, Hold 左足前踏, 候, 右足前點, 候  
5-8 Step R back, Hold, Step L back, Step R next to L  
右足後踏, 候, 左足後踏, 右足併踏

**第四段 Charleston Touches w/ Slow Coaster Steps**

- 1-4 Step L forward, Hold, Touch R fwd, Hold 左足前踏, 候, 右足前點, 候  
5-8 Step R back, Hold, Step L back, Step R next to L  
右足後踏, 候, 左足後踏, 右足併踏

**第五段 Fwd, Fwd, Step, Turn 1/2, Step, Hold**

- 1-4 Step L fwd, Hold, Step R fwd, Hold 左足前踏, 候, 右足前踏, 候  
5-8 Step L fwd & turn 1/2 right, Step R in place, Step L fwd, Hold  
左足前踏右轉180度, 右足踏, 左足前踏, 候

**第六段 Fwd, Fwd, Step, Turn 1/2, Step, Hold**

- 1-4 Step R fwd, Hold, Step L fwd, Hold 右足前踏, 候, 左足前踏, 候  
5-8 Step R fwd & turn 1/2 left, Step L in place, Step R fwd, Hold  
右足前踏左轉180度, 左足踏, 右足前踏, 候

**第七段 Toe-Heel Jazz Box Turning 1/4 Right,**

- 1-4 Step L fwd, Hold, Cross Step R over L, Hold  
左足前踏, 候, 右足於左足前交叉踏, 候  
5-8 Turn 1/4 right and step L back, Hold, Step R to right side, Hold  
右轉90度左足後踏, 候, 右足右踏, 候

**第八段 Step Fwd, Hold, Step Fwd, Hold**

- 1-4 Step L fwd, Hold, Step R fwd, Hold  
左足前踏, 候, 右足前踏, 候

ORDER Dance the "Verse" then the "Chorus",  
Dance the "Verse" then the "Chorus"

Dance the first 32 counts of "Verse" then dance the entire "Chorus", then repeat last 12 counts of "Chorus" til fade  
先跳主曲再合音部份, 再主曲, 再合音, 主曲跳32拍後, 再合音部份, 然後跳合音最後12拍到結束

Verse(A部份)是跳兩次舞序寫的那32拍, 再加那4拍, 總共68拍

Chorus(B部份), 總共60拍

Sequence : A B A B A(32) B B(last 12)

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