

# Woman & Beauty (排舞舞谱) (zh)

COPPER KNOB  
STEPSHEETS

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Diana Liang (CN) - 2020年02月

Musique: Nv Ren Jiu Yao Mei Mei Mei – Li MEN



Intro32 , Tag 4Counts at the end of Wall 2/6 , Ending 28Counts on Wall 11

**S1 Forward Switches, Jive Basic, Side Together Side Touch 开关步 , 牛仔右基本步 , 旁并旁点**

1&2& Rf forward touch on 1, Rf together on &, Lf forward touch on 2, Lf together on &

.1 ) 右脚前点 , & ) 右脚回 , 2 ) 左脚前点 , & ) 左脚回

3&4 Rf side on 3, Lf together on &, Rf side on 4

.3 ) 右脚旁 , & ) 左脚并 , 4 ) 右脚旁

5,6,7,8 Lf side on 5, Rf together on 6, Lf side on 7, Rf touch beside on 8

.5 ) 左脚旁 , 6 ) 右脚并 , 7 ) 左脚旁 , 8 ) 右脚并点

**S2 V-Step, Sway, V-步 , 摇**

1,2,3,4 Rf diagonal out on 1, Lf diagonal out on 2, Rf home on 3, Lf together on 4

.1 ) 右脚斜前 , 2 ) 左脚斜前 , 3 ) 右脚回 , 4 ) 左脚回

5,6,7,8 Weight change to Rf/sway hip to L on 5, Weight change to Lf/Sway hip to R on 6, Repeat 5 on 7, repeat 6 on 8

.5 ) 右脚原地走/胯左摇 , 6 ) 左脚原地走/胯右摇 , 7 ) 重复5 ) , 8 ) 重复6 )

**S3 Samba, Jazzbox ¼ LT 桑巴 , 爵士盒子左转1/4**

1&2 Rf cross on 1, Lf side on &, Rf recover on 2

.1 ) 右脚前叉 , & ) 左脚旁 , 2 ) 重心回右脚

3&4 Lf cross on 3, Rf side on &, Lf recover on 4

.3 ) 左脚前叉 , & ) 右脚旁 , 4 ) 重新回左脚

5,6,7,8 Rf cross on 5, Lf back on 6, ¼ RT Rf back on 7, Lf together on 8, 9:00

.5 ) 右脚前叉 , 6 ) 左脚后 , 7 ) 1/4左转右脚后 , 8 ) 左脚并 , 9点

**S4 Manbo ¼ LT, Side Manbo, ¼ LT Pivot 前曼波1/4左转 , 旁曼波 , 前1/4左转 x 4**

1&2 Rf forward on 1, Lf recover on &, ¼ LT Rf back, 6:00

.1 ) 右脚前 , & ) 重心回左脚 , 2 ) 1/4左转右脚后 , 6点

3&4 Lf side on 3, Rf recover on &, Lf together on 4

.3 ) 左脚旁 , & ) 重心回右脚 , 4 ) 左脚并

5& Rf forward on 5, ¼ LT Lf recover on &

.5 ) 右脚前 , & ) 1/4左转重心回左脚

6& = 5&

7& = 5&

8& = 5& , 6:00

Tag : 4 Counts , Running on Spot Happening at the End of W2 / 6 Facing 12:00, 4拍 , 发生于墙2和6末 , 原地小跑

1& Rf step on spot on 1, Lf step on spot on &

.1 ) 右脚原地踏 , & ) 左脚原地踏

2& = 1&

3& = 1&

4& = 1&

Ending : 28 Counts on Wall 11 with the change of the counts of 25-28 as below; 28拍 , 结束于面对12点 , 前三组相同 , 最后4拍如下 :

1&2 Rf forward on 1, Lf recover on &, ¼ LT Rf back

.1 ) 右脚前 , & ) 重心回左脚 , 2 ) 1/4左转右脚后

3,4 Lf forward on 3, ½ RT Rf step on spot and take weight to pose

.3 ) 左脚前 , 4 ) 1/2右转右脚原地踏并结束

Thanks and happy dancing!

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