

Return to Sender (zh)

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Maria Nix (DE) - 2022年02月

Musique: Return to Sender - Elvis Presley : (Album: Girls, Girls, Girls - 1962)



Intro: Start after 16 count, with "I gave a letter ...", no tag, no restart

简介：数到 16 后，以“我给了一封信……”开头

Section 1: Triple step, right back rock, triple step, left back rock

第 1 节：三步，右后摇，三步，左后摇

- 1&2 右脚右步，左脚紧贴右脚，右脚右步
3-4 左脚后退，重心放在左脚上，右脚保持原位，重心放在右脚上
5&6 左脚向左走，右脚靠近左脚，左脚向左走
7-8 右脚后退，重心放在右脚上，左脚保持原位，重心放在左脚上

- 1&2 step right with right foot, close left foot next to right foot, step right with right foot
3-4 step back with left foot with weight on left foot, right foot remains on place, put weight back on right foot
5&6 step left with left foot, close right foot next to left foot, step left with left foot
7-8 step back with right foot with weight on right foot, left foot remains on place, put weight back on left foot

Section 2: Right Step lock step, step ½ turn (6 o'clock), Left step lock step, step ¼ (3 o'clock)

第 2 节：右步锁定步，步 ½ 转（6 点钟方向），左步锁定步，步 ¼（3 点钟方向）

- 1&2 右脚向前走，左脚在右脚后交叉，右脚向前走
3-4 左脚向前迈步，½ 转面向 6 点钟方向
5&6 左脚向前迈步，右脚在左脚后交叉，左脚向前迈步
7-8 右脚向前走 ¼ 转面向 3 点钟方向
- 1&2 step forward with right foot, cross left foot tight behind right foot, step forward with right foot
3-4 step forward with left foot, ½ turn facing 6 o'clock
5&6 step forward with left foot, cross right foot tight behind left foot, step forward with left foot
7-8 step forward with right foot, ¼ turn facing 3 o'clock

Section 3: Kick ball step, step lock step back right/left, back rock

第 3 节：踢球步、步锁步右/左后退、后摇

- 1&2 右脚向前踢，将右脚重心放在脚掌上，将重心转移到左脚上
3&4 右脚后退，左脚越过右脚，右脚后退
5&6 左脚后退，右脚跨过左脚，左脚后退
7-8 右脚后退，重心放在右脚上，左脚保持原位，重心放在左脚上
- 1&2 kick forward with right foot, place right foot with weight on ball of foot, shift weight to left foot with step
3&4 step back with right foot, cross left foot over right foot, step back with right foot
5&6 step back with left foot, cross right foot over left foot, step back with left foot
7-8 step back with right foot with weight on right foot, left foot remains on place, put weight back on left foot

Section 4: Toe kick swivel, cross hold right/left

第 4 节：脚踢旋转，右/左交叉保持

- 1-2 右脚尖靠近左脚，同时双膝向左转，右脚向前踢，双膝后转
3-4 将右脚跨过左脚并保持另一个数
5-6 将左脚尖放在右脚旁边，同时将双膝向右转动，踢

- 7-8 将左脚越过右脚并保持另一次计数
- 1-2 tip right toe next to left foot while turning both knees to the left at the same time, kick forward with right foot while turning both knees back
- 3-4 cross right foot over left foot and hold for another count
- 5-6 tip left toe next to right foot while turning both knees to the right at the same time, kick forward with left foot while turning both knees back
- 7-8 cross left foot over right foot and hold for another count

重复直到结束

Repeat until the end
