

Cotton Fields (zh)

Compte: 40

Mur: 2

Niveau: Beginner



Chorégraphe: Maria Nix (DE) - 2022年03月

Musique: In Them Old Cottonfields Back Home - Johnny Cash : (Album: The sound of Johnny Cash-1962)

Intro: Start after 8 count with the singer

简介：与歌手一起计数 8 次后开始

S1: Step toe, step kick, coaster step cross, weave

S1 步趾、步踢、过山车跨步、编织

1&2& 右脚向前迈步，右脚后敲左球，左脚放回右脚旁边，右脚向前踢

3&4& 右脚后退，重心放在右脚上，左脚合拢，右脚跨过左脚

5&6& 左脚向左跨，右脚在左脚后交叉，向左跨，右脚跨在左脚上

7&8 左脚向左走，重心放在左脚上，重心放回右脚，左脚跨过右脚

1&2& step forward with right foot, tap left ball behind right foot, set left foot back next to right foot, kick forward with right foot

3&4& step back with right foot with weight on right foot, close left foot, cross right foot over left foot

5&6& step left with left foot, cross right foot behind left foot, step left, cross right foot over left foot

7&8 step left with left foot with weight on left foot, put weight back to right foot, cross left foot over right foot

S2: Rumbabox

S2 : 伦巴箱

1-2 右脚向一侧迈步，左脚合拢

3-4 右脚后退，左脚合拢

5-6 左脚向一侧迈步，右脚并拢

7-8 左脚向前迈步，重心放在左脚上，再数数

1-2 step to the side with right foot, close left foot

3-4 step back with right foot, close left foot

5-6 step to the side with left foot, close right foot

7-8 step forward with left foot with weight on left foot, hold for another count

S3: Rocking Chair, step ½ turn facing 6 o'clock, step right/ step left

S3 : 摇椅，步 ½ 转面向 6 点钟方向，向右走/向左走

1-2 右脚向前迈步，重心放在右脚上，左脚保持原位

3-4 右脚后退，重心放在右脚，重心放回左脚

5-6 向前走，½ 转左，面向 6 点钟方向

7-8 右脚向前走，左脚向前走

1-2 step forward with right foot with weight on right foot, left foot remains on place

3-4 step back with right foot with weight on right foot, put weight back onto the left foot

5-6 step forward, ½ turn left facing 6 o'clock

7-8 step forward with right foot, step forward with left foot

S4: Cross back side, hold r/l, diagonal shuffle right/left

S4 : 交叉背侧，保持r/l，对角线左右洗牌

1&2& 右脚跨过左脚，重心放在右脚上，左脚稍稍抬起，一步将重心放回左脚，右脚向一侧跨步并保持再数

3&4& 左脚跨过右脚，重心放在左脚上，稍微抬起右脚，一步将重心放回右脚，左脚向一边跨步，再保持一次数

- 5&6 步右脚斜向右侧，左脚合在右脚后，右脚斜向右侧跨步
7&8 步左脚斜向左，右脚合左脚后，左脚斜向左跨步
- 1&2& cross right foot over left foot with weight on right foot, lift your left foot slightly, put weight back to the left foot with a step, step to the side with right foot and hold for another count
3&4& cross left foot over right foot with weight on left foot, lift your right foot slightly, put weight back to the right foot with a step, step to the side with left foot and hold for another count
5&6 step with right foot diagonally to the right, close left foot behind right foot, step with right foot diagonally to the right
7&8 step with left foot diagonally to the left, close right foot behind left foot, step with left foot diagonally to the left

S5: Step ½ turn, shuffle right, step ½ turn, shuffle left

S5 : 步½转，右洗牌，步½转，左洗牌

- 1-2 右脚向前迈步，向左转 ½ 面向 12 点钟方向
3&4 右脚向前迈步，左脚合拢，右脚向前迈步
5-6 左脚向前迈步，向左 ½ 转面向 6 点钟方向
7&8 左脚向前迈步，右脚合拢，左脚向前迈步
- 1-2 step forward with right foot, ½ turn left facing 12 o'clock
3&4 step forward with right foot, close left foot, step forward with right foot
5-6 Step forward with left foot, ½ turn left facing 6 o'clock
7&8 step forward with left foot, close right foot, step forward with left foot

Tags (2)

标签 (2)

After wall 2, facing 12 o'clock (16 count)

墙 2 后，面向 12 点钟方向 (16 点)

S1: Toe heel stomp right/left

S1 : 右/左脚跟跺脚

- 1-2 用右球敲击，用右脚跟敲击
3-4 将右脚踩在左脚旁边，然后再数数
5-6 用左球敲击，用左脚跟敲击
7-8 将左脚踩在右脚旁边，然后再数数
- 1-2 tap with right ball, tap with right heel
3-4 stamp right foot next to left foot and hold for another count
5-6 tap with left ball, tap with left heel
7-8 stamp left foot next to right foot and hold for another count

S2: Diagonal shuffle right/left

S2 : 对角线左右洗牌

- 1-2 右脚向右斜跨一步，重心放在右脚上，左脚放在右脚后面
3-4 右脚向右斜跨步，重心放在右脚上
5-6 左脚向左斜跨一步，重心放在左脚上，左脚放在右脚后面
7-8 左脚向左斜跨一步，重心放在左脚上
- 1-2 step with right foot diagonally to the right with weight onto right foot, close left foot behind right foot
3-4 step with right foot diagonally to the right with weight onto right foot
5-6 step with left foot diagonally to the left with weight onto left foot, close left foot behind right foot
7-8 step with left foot diagonally to the left with weight onto left foot

After wall 4, facing 12 o'clock (8 count)

墙壁 4 后，面向 12 点钟方向 (8 计数)

S1: Toe heel stomp right/left

S1 : 右/左脚跟踩脚

1-2 用右球敲击，用右脚跟敲击

3-4 将右脚踩在左脚旁边，然后再数数

5-6 用左球敲击，用左脚跟敲击

7-8 将左脚踩在右脚旁边，然后再数数

1-2 tap with right ball, tap with right heel

3-4 stamp right foot next to left foot and hold for another count

5-6 tap with left ball, tap with left heel

7-8 stamp left foot next to right foot and hold for another count
