

Bittersweet Memory (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Ria Vos (NL) - 2010年11月
音乐: Clouds - David Nail : (CD: I'm About To Come Alive)



前奏 : Intro: 16 counts 16拍後起跳

第一段 Basic R, ¼ Turn L, Step ¾ Turn L, Side, Behind, Side, Cross Rock, Side, Cross

- 1-2& Step R Long Step to Right Side, Rock Back on L (slightly behind R), Recover on R 右足右一大步, 左足後下沉(略於右足後踏), 右足回復
- 3 ¼ Turn Left Step Fwd on L (9:00)
左轉90度左足前踏(面向9點鐘)
- 4&5 Step Fwd on R, Pivot ¾ Turn Left, Step R to Right Side (12:00)
右足前踏, 左轉270度, 右足右踏(面向12點鐘)
- 6& Step L Behind R, Step R to Right Side 左足於右足後踏, 右足右踏
- 7& Cross Rock L Over R, Recover on R 左足於右足前交叉下沉, 右足回復
- 8& Step L to Left Side, Cross R Over L 左足左踏, 右足於左足前交叉踏

第二段 Basic L, ¼ Turn R, Step ½ Turn R, Step, Full Turn L, Rock Fwd, Run Back x2

- 1-2& Step L Long Step to Left Side, Rock Back on R (slightly behind L), Recover on L 左足左一大步, 右足後下沉(略於左足後踏), 左足回復
- 3 ¼ Turn Right Step Fwd on R (3:00)
右轉90度右足前踏(面向3點鐘)
- 4&5 Step Fwd on L, Pivot ½ Turn Right, Step Fwd on L (9:00)
左足前踏, 右軸轉180度, 左足前踏(面向9點鐘)
- 6& ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L (Option: 2 "runs" Fwd R-L) 左轉180度右足後踏, 左轉180度左足前踏(簡易版:前跑步-右,左)
- 7& Rock Fwd on R, Recover on L 右足前下沉, 左足回復
- 8& "Run" Small Steps Back Stepping R-L (Option: Full Turn R moving backwards) 後小跑步-右, 左(進階版:右後轉圈)

第三段 Rock Back, ¼ L Weave, Prissy Walks, Cross Rock, Scissor Cross

- 1-2 Rock Back on R (body opens to Right side), Recover on L
右足後下沉(身體面向右側), 左足回復
- 8&3 ¼ Turn Left Step R to Right Side, Step L Behind R (6:00)
左轉90度右足右踏, 左足於右足後踏(面向6點鐘)
- 8&4 Step R to Right Side, Cross L Over R (Slightly Hitching R)
右足右踏, 左足於右足前交叉踏(右足略抬)
- 5-6 Step Fwd on R (slightly crossed), Step Fwd on L (slightly crossed)
右足略於左足前交叉踏, 左足略於右足前交叉踏
- 7& Rock R Slightly Over Left, Recover on L
右足略於左足前下沉, 左足回復
- 8&1 Step R to Right Side, Step L Next to R, Cross R Over L
右足右踏, 左足併踏, 右足於左足前交叉踏

第四段 ¼ Turn R Coaster Cross, Full Turn L, Sway Sway, Full Turn R, Cross

- 2&3 ¼ Turn Right Step Back on L, Step R Next to L, Cross L Over R (9:00)
右轉90度左足後踏, 右足併踏, 左足於右足前交叉踏(面向9點鐘)
- 4& ¼ Turn Left Step Back on R, ½ Turn Left Step Fwd on L, (12:00)
左轉90度右足後踏, 左轉180度左足前踏(面向12點鐘)
- 5-6 ¼ Turn Left Step R to Right Side Swaying Hips Right, Sway Hips Left (9:00) 左轉90度右足右踏右擺臀, 左擺臀(面向9點鐘)

- 7& ¼ Turn Right Step Fwd on R, ½ Turn Right Step Back on L (6:00)
右轉90度右足前踏, 右轉180度左足後踏(面向6點鐘)
- 8& ¼ Turn Right Step R to Right Side, Cross L Over R (9:00)
右轉90度右足右踏, 左足於右足前交叉踏(面向9點鐘)
- Easy Option Count 4&5 and/or count 7&8: 4&5及7&8&簡易版
- 4&5 (4) Step R to Right Side, (&) Step L Behind R, (5) Step R to Right Side (Swaying Hips Right) 右足右踏, 左足於右足後踏, 右足右踏右擺臀
- 7&8& (7) Step R to Right Side, (&) Step L Behind R, (8) Step R to Right Side -(&) Cross L Over R
右足右踏, 左足於右足後踏, 右足右踏, 左足於右足前交叉踏

TAG: AFTER wall 3 (3:00) 第三面牆結束(面向3點鐘), 加4拍

Basic R, Basic L

- 1-2& Step R Long Step to Right Side, Rock Back on L (slightly behind R), Recover on R 右足右一大步, 左足略於右足後下沉, 右足回復
- 3-4& Step L Long Step to Left Side, Rock Back on R (slightly behind L), Recover on L 左足左一大步, 右足略於左足後下沉, 左足回復

ENDING: Dance upon and including count 1 of 2nd section, then Cross R Behind L, Unwind ¼ Turn Right to end facing front

結束: 跳至第二段第1拍, 右足於左足後踏, 右繞轉270度面向前面牆做結束
