

Dreams of Martina (馬堤那之夢) (zh)

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 2 级数: Intermediate
编舞者: Peter Metelnick (UK) - 2004年05月
音乐: Dreams of Martina - Hal Ketchum : (CD Lucky Man)



前奏 : on vocals 唱歌起跳

第一段 **R cross rock & recover, R side shuffle, L cross rock & recover**
右交叉下沉 & 回復, 右側交換步, 左交叉下沉 & 回復

1-2 Cross rock R over L, recover weight on L
右足於左足前交叉下沉, 左足回復

3&4 Step R to right, step L together, step R to right
右足右踏, 左足併踏, 右足右踏

5-6 Cross rock L over R, recover weight on R
左足於右足前交叉下沉, 右足回復

第二段 **L & R step touches, ¼ L & L forward shuffle, R forward, ¼ L pivot turn** 左 & 右踏點, 左轉1/4 & 左前交換步, 右前踏, 左轉1/4

1-4 Step L to left side, touch R together, step R to right side, touch L together 左足左踏, 右足併點, 右足右踏, 左足併點

5&6 Turning ¼ left step L forward, step R together, step L forward
左轉90度左足前踏, 右足併踏, 左足前踏

7-8 Step R forward, pivot ¼ L (weight on L)
右足前踏, 左後轉90度(重心在左足)

第三段 **R cross rock & recover, R side shuffle, L cross rock & recover**
右交叉下沉 & 回復, 右側交換步, 左交叉下沉 & 回復(同第一段)

1-2 Cross rock R over L, recover weight on L
右足於左足前交叉下沉, 左足回復

3&4 Step R to right, step L together, step R to right
右足右踏, 左足併踏, 右足右踏

5-6 Cross rock L over R, recover weight on R
左足於右足前交叉下沉, 右足回復

第四段 **L & R step touches, ¼ L & L forward shuffle, R forward, ½ L pivot turn** 左 & 右踏點, 左轉1/4 & 左前交換步, 右前踏, 左轉1/2

1-4 Step L to left side, touch R together, step R to right side, touch L together 左足左踏, 右足併點, 右足右踏, 左足併點

5&6 Turning ¼ left step L forward, step R together, step L forward
左轉90度左足前踏, 右足併踏, 左足前踏

7-8 Step R forward, pivot ½ L (weight on L)
右足前踏, 左後轉180度(重心在左足)

第五段 **Walk forward 2, R forward shuffle, L forward rock & recover**
走步2次, 右足前交換步, 左足前下沉 & 回復

1-2 Step R forward, step L forward 右足前踏, 左足前踏

3&4 Step R forward, step L together, step R forward
右足前踏, 左足併踏, 右足前踏

5-6 Rock L forward, recover weight on R 左足前下沉, 右足回復

- 第六段** L rock back & recover, L side rock & recover, L jazz box with $\frac{1}{4}$ L & R cross step 左後下沉回復, 左側下沉回復, 左轉 $\frac{1}{4}$ 爵士方塊右交叉踏
- 1-4 Rock L back, recover weight on R, rock L to left, recover weight on R 左足後下沉, 右足回復, 左足左下沉, 右足回復
- 5-8 Cross step L over R, turning $\frac{1}{4}$ left step R back, step L to left, cross step R over L 左足於右足前交叉下沉, 左轉90度右足後踏, 左足左踏, 右足於左足前交叉踏
- 第七段** L side step, R rock back & recover, R side step, L rock back & recover 左側踏, 右後下沉 & 回復, 右側踏, 左後下沉 & 回復
- 1-3 Step L to left, rock R back, recover weight on L 左足左踏, 右足後下沉, 左足回復
- 4-6 Step R to right, rock L back, recover weight on R 右足右踏, 左足後下沉, 右足回復
- 第八段** Vine L 2, $\frac{1}{4}$ L & L forward shuffle, R forward, $\frac{1}{2}$ L pivot turn, R forward, $\frac{1}{4}$ L pivot turn 左藤步2拍, 左轉 $\frac{1}{4}$ 左前交換步, 右前, 左轉 $\frac{1}{2}$, 右前, 左轉 $\frac{1}{4}$
- 1-2 Step L to left, cross step R behind L 左足左踏, 右足於左足後交叉踏
- 3&4 Turning $\frac{1}{4}$ L step L forward, step R together, step L forward 左轉90度左足前踏, 右足併踏, 左足前踏
- 5-8 Step R forward, pivot $\frac{1}{2}$ L, step R forward, pivot $\frac{1}{4}$ L 右足前踏, 左轉180度, 右足前踏, 左轉90度

Choreographer's Note: I've always liked this song because it has such an interesting rhythm – the verses phrase in measures of 14 – 6 beats and then 8 beats. That's why the step sheet is written that way. On the 3rd wall dance up to count 46. Change counts 47-48 to 47&48 by doing a L coaster step back. Restart the dance from the beginning.
第三面牆第七段4-6拍改成4-5&6右足右踏, 左足海岸步, 從頭起跳
這是首14拍為一區段的舞曲, 編舞者將舞步分成6拍及8拍二段式
