

Knee Deep (水深及膝) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Wade In the Water - Eva Cassidy : (CD: Songbird)



前奏 : Start dancing on lyrics 唱歌後起跳

第一段 Walk, Kick Cross Back, Coaster Step, Shuffle Forward 走, 走, 踢 交叉 後, 海岸步, 前交換

- 1-2 Step right forward, step left forward
右足前踏, 左足前踏
- 3&4 Kick right forward, cross right over left, step left back
右足前踢, 右足於左足前交叉踏, 左足後踏
- 5&6 Step right back, step left together, step right forward
右足後踏, 左足併踏, 右足前踏
- 7&8 Chassé forward left, right, left 前交換-左, 右, 左

第二段 Cross Rock, ¾ Triple Right, Cross, Side, Vaudeville 交叉下沉, 三步右3/4, 交叉, 側, 後交叉 側 點

- 1-2 Cross right over left, rock left back
右足於左足前交叉下沉, 左足後回復
- 3&4 Turn ¾ right, stepping right, left, right on the spot
右270度原地三步轉-右, 左, 右
- 5-6 Cross left over right, step right to side
左足於右足前交叉踏, 右足右踏
- 7&8 Cross left behind right, step right to side, touch left heel out to the left 左足於右足後交叉踏, 右足右踏, 左足踵左點

第三段 Close, Cross Side, Turn ¼ Right Into Coaster Step, Skate, Shuffle Forward 併, 交叉 側, 右1/4海岸步, 滑冰, 前交換

- &1-2 Close left towards right, cross right over left, step left to side
左足併踏, 右足於左足前交叉踏, 左足左踏
- 3&4 Turn ¼ right and step right back, close left foot to right, step right forward 右轉90度右足後踏, 左足併踏, 右足前踏
- 5-6 Skate left, skate right 左滑冰步, 右滑冰步
- 7&8 Chassé forward left, right, left 前交換-左, 右, 左

第四段 Rock Step, Lock Back Hold, Lock Back, ¼ Turn Into Ball Crosses To Right 下沉 回復, 後鎖 候, 後鎖, 1/2 交叉交換

- 1-2 Step right forward, rock back to left
右足前下沉, 左足回復
- &3-4 Step back to ball of right, cross left over right, hold
右足後踏, 左足於右足前交叉踏, 候
- &5 Step back to ball of right, cross left front in front of right
右足後踏, 左足於右足前交叉踏
- &6 Turn ¼ right and step ball of right to the side (small), cross left in front of right 右轉90度右足略右踏, 左足於右足前交叉踏

- &7&8 Step right toe to the side (small), cross left over right, step ball of right to the side, cross left over right
右足略右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- 第五段 Side Rock, Sailor Step, Cross Behind Unwind ½ Left, Pivot Turn Left**
側下沉 回復, 水手步, 後交叉 繞轉, 踏 轉
- 1-2 Rock right to side, recover to left 右足右下沉, 左足回復
- 3&4 Right sailor step 右水手步
- 5-6 Cross left behind right, unwind ½ turn to the left
左足於右足後交叉踏, 左繞轉180度
- 7-8 Step right forward, turn ½ left (weight to left)
右足前踏, 左軸轉180度(重心在左足)
- 第六段 Dorothy Steps, Rock Step, ½ Turn Shuffle Round To Left**
桃樂蒂步, 下沉 回復, 轉交換
- 1-2& Step right diagonally forward, lock left behind right, small step right forward to right diagonal
右足右斜前踏, 左足於右足後鎖踏, 右足略右斜前踏
- 3-4& Step left diagonally forward, lock right behind left, small step left forward to left diagonal
左足左斜前踏, 右足於左足後鎖踏, 左足略左斜前踏
- 5-6 Step right forward, rock back to left
右足前下沉, 左足回復
- 7&8 ½ turn shuffle to right right, left, right
右180度轉交換-右, 左, 右
- 第七段 Dorothy Steps, Rock Step, ½ Turn Shuffle Round To Left**
桃樂蒂步, 下沉 回復, 轉交換
- 1-2& Step left diagonally forward, lock cross right behind left, small step left forward to left diagonal
左足左斜前踏, 右足於左足後鎖踏, 左足略左斜前踏
- 3-4& Step right diagonally forward, lock cross left behind right, small step right forward to right diagonal
右足右斜前踏, 左足於右足後鎖踏, 右足略右斜前踏
- 5-6 Step left forward, rock back to right
左足前下沉, 右足回復
- 7&8 ½ turn shuffle to left left, right, left
左180度轉交換-左, 右, 左
- 第八段 Rock Step, Jazz Jump Back, Kick, Back, Heel Touch, Close Touch, Back, Heel Touch, Close**
下沉 回復, 爵士後跳, 踢, 後, 踵點, 併點, 後, 踵點, 併
- 1-2 Step right forward, rock back to left
右足前下沉, 左足回復
- &3-4 Jump back right, then left (feet apart), hold
右足後跳, 左足後跳(雙腳分開), 候
- 5&6 Kick right forward, step right back, touch left heel forward
右足前踢, 右足後踏, 左足踵前點
- &7 Step left together, touch right together
左足併踏, 右足併點
- &8& Step right back, touch left heel forward, step left together
右足後踏, 左足踵前點, 左足併踏
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