

No More Cloudy Days (天天天晴) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Alan Birchall (UK) - 2009年01月
音乐: No More Cloudy Days - Eagles : (CD: Long Road Out Of Eden)



前奏 : Start: On Lyrics, Seconds: 25secs, Count: 32

第一段 Rock, Recover, Cross Shuffle, Weave 下沉回復, 交叉交換, 藤步

1-2 Rock Right To Right, Recover On Left
右下下沉回復 右足右下下沉, 左足回復

3&4 Cross Right Over Left, Step Left To Left, Cross Right Over Left
交叉交換 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Step Left To Left, Right Behind Left
左藤步 左足左踏, 右足於左足後踏

7-8 Step Left To Left, Cross Right Over Left
左足左踏, 右足於左足前交叉踏

第二段 Rock, Recover, Cross Shuffle, ½ Turn, Cross Shuffle 下沉回復, 交叉交換, 轉1/2, 交叉交換

1-2 Rock Left To Left, Recover On Right
左下沉回復 左足左下沉, 右足回復

3&4 Cross Left Over Right, Step Right To Right, Cross Left Over Right
交叉交換 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

5-6 Making ¼ Left Step Back On Right, Making ¼ Turn Left Step Left To Left (6 'O'Clock)
90 90 左轉90度右足後踏, 左轉90度左足左踏(面向6點鐘)

7&8 Cross Right Over Left, Step Left To Left, Cross Right Over Left
交叉交換 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

第三段 Step, Points, ½ Turning Jazz Box 踏, 點, 轉1/2爵士方塊

1-2 Step Diagonally Forward On Left, Point Right To Right
前踏 右點 左足斜角線前踏, 右足右點

3-4 Step Diagonally Back On Right, Point Left To Left
後踏 左點 右足斜角線後踏, 左足左點

5-6 Cross Left Over Right, Make ¼ Turn Left Stepping Back On Right,
轉爵士方塊 左足於右足前交叉踏, 左轉90度右足後踏

7-8 Make ¼ Turn Left Stepping Left To Left, Step Forward On Right (12 'O'Clock)
右足前踏(面向12點鐘) 左轉90度左足左踏,

第四段 Rock, Recover, Lock Step, ¼ Sway, 1 ½ Turn 下沉回復, 鎖步, 1/4擺動, 轉1 ½

1-2 Rock Forward On Left, Recover On Right
下沉回復 左足前下沉, 右足回復

3&4 Step Back On Left, Lock Right Over Left, Step Back On Left
後鎖步 左足後踏, 右足於左足前鎖步, 左足後踏

- 5-6 Prepping For Turn make $\frac{1}{4}$ Turn Right Sway Out On Right, Recover Left (3 'O'Clock) 右轉90度向
右90 回復 右擺動, 左足回復(面向3點鐘)
- 7-8 Make $\frac{1}{2}$ Turn Left Stepping Back On Right, Make $\frac{1}{2}$ Turn Left Stepping Forward On Left 左轉180
轉 轉 度右足後踏, 左轉180度左足前踏
- & Make $\frac{1}{2}$ Turn Left As You *Rock Right To Right* - Step 1 (9 'O'Clock)
轉 左轉180度接續第一段第1拍右足右下沉(面向9點鐘)
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