

Feel Good Rumba (感動倫巴) (zh)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Frank Trace (USA)
音乐: She Gets That Way - Kenny Chesney



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- 第一段** **Side, Together, Side, Hold, Cross Rock, Recover, Step 1/4 Turn Left, Hold** 側 併 側 候 交叉下沉
回復 踏左轉1/4 候
- 1-4 Step Right To Right Side, Step Left Next To Right, Step Right To Right Side, Hold 右足右踏, 左足
併踏, 右足右踏, 候
- 5-8 Cross Rock Left Over Right, Recover Onto Right, Step Left 1/4 Turn Left, Hold (9:00)
左足於右足前交叉下沉, 右足回復, 左轉90度左足踏, 候(9點鐘)
- 第二段** **Rumba Box 倫巴方塊**
- 1-4 Step Right To Right Side, Step Left Next To Right, Step Right Forward, Hold 右足右踏, 左足併踏,
右足前踏, 候
- 5-8 Step Left To Left Side, Step Right Next To Left, Step Left Back, Hold 左足左踏, 右足併踏, 左足後
踏, 候
- 第三段** **Sway, 1/4 Turn Right, Hold, Step, 1/2 Turn Right, Step, Hold**
擺臀, 右轉90度, 候, 踏, 右轉180度, 踏, 候
- 1-4 Rock Right To Right Side, Recover Onto Left, Turning 1/4 Right Step Right Forward, Hold (12:00)

右足右下沉, 左足回復, 右轉90度右足前踏, 候(12點鐘)
- 5-8 Step Left Forward, Pivot 1/2 Turn To Right, Step Left Forward, Hold (6:00) 左足前踏, 右轉180度,
左足前踏, 候(6點鐘)
- 第四段** **Step, 1/4 Turn Left, Step Across, Hold, Side, Together, Step Forward, Hold** 踏, 左轉90度, 踏交叉,
候, 側, 併, 前踏, 候
- 1-4 Step Right Forward, Pivot 1/4 Turn Left, Step Right Over Left, Hold (3:00) 右足前踏, 左轉90度, 右
足於左足前交叉踏, 候(3點鐘)
- 5-8 Step Left To Left Side, Step Right Next To Left, Step Left Forward, Hold 左足左踏, 右足併踏, 左
足前踏, 候
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