

Forever Is Over (結束永遠) (zh)

COPPER KNOB
BY STEPHEN BATES

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Dee Musk (UK) - 2009年10月
音乐: Forever Is Over (Radio Edit) - The Saturdays



前奏: Track approx 3 mins 24 secs - Start On heavy beat when they sing 'Forever Is Over' Approx 39 seconds. 88 Count Intro

第一段 Cross Back Side Step Forward, Kick Step Back Touch Back ½ Turn L. 交叉後側前踏, 踢踏後點後轉

- 1-4 Cross step R over L, step back on L, step R to R side, step forward on L. 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏
- 5-8 Kick R forward, step R back, touch L toe back, make a ½ turn L (weight forward on L). (6 o'clock).
右足前踢, 右足後踏, 左足趾後點, 左轉180度左足前踏(面向6點鐘)

**** RESTART here DURING wall 4 – begin again facing 6 o'clock.**
第四面牆跳至此, 從頭起跳

第二段 Toe Strut, Step L Pivot R, Toe Strut, Full Turn L. 趾踵, 左踏轉, 趾踵, 左轉圈

- 1,2 Step R toe forward, drop R heel.
右足趾前踏, 右足踵踏
- 3,4 Step forward on L, make a ½ turn R (weight forward on R).
左足前踏, 右轉180度(重心在右足)(面向12點鐘)
- 5,6 Step L toe forward, drop L heel.
左足趾前踏, 左足踵踏
- 7,8 Travelling forward make a ½ turn L stepping back on R, make a ½ turn L stepping forward on L (weight forward on L). (12 o'clock).
(向前移動)左轉180度右足後踏, 左轉180度左足前踏(面向12點鐘)
(Optional walk forward R, L). 簡易版:右足前走, 左足前走

*** RESTART here DURING wall 2 - begin again facing 12 o'clock.**
第二面牆跳至此, 從頭起跳

第三段 Cross Side Sailor Step, Cross ¼ Turn L, ¼ Turn L With Side Shuffle. 交叉側水手步, 交叉 1/4, 1/4帶追步

- 1,2 Cross step R over L, step L to L side.
右足於左足前交叉踏, 左足左踏
- 3&4 Cross step R behind L, step L to L side, step R to R side.
右足於左足後交叉踏, 左足左踏, 右足右踏
- 5,6 Cross step L over R, make a ¼ turn L stepping back on R.
左足於右足前交叉踏, 左轉90度右足後踏(面向9點鐘)
- 7&8 Make a ¼ turn L side shuffling L, R, L. (6 o'clock).
左轉90度左追步-左, 右, 左(面向6點鐘)

第四段 Cross Rock Side Shuffle, Cross Back Side Touch. 交叉下沉側交換, 交叉後側點

- 1,2 Cross rock R over L, recover weight to L.
右足於左足前交叉下沉, 左足回復
- 3&4 Step R to R side, close L beside R, step R to R side.
右足右踏, 左足併踏, 右足右踏
- 5-8 Cross step L over R, step back on R, step L to L side, touch R beside L. (6 o'clock).
左足於右足前交叉踏, 右足後踏, 左足左踏, 右足併踏(面向6點鐘)

第五段 Step Forward Kick, Back Touch, Step Back Kick, Back Rock Recover.
踏踢, 後點, 後踢, 後下沉回復

- 1,2 Step forward on R, kick L forward.
右足前踏, 左足前踢
- 3,4 Step back on L, touch R beside L.
左足後踏, 右足併點
- 5,6 Step back on R, kick L forward.
右足後踏, 左足前踢
- 7,8 Rock back on L, recover weight to R. (6 o'clock).
左足後下沉, 右足回復(面向6點鐘)

第六段 L Shuffle Forward, Step ¼ Turn L, Weave With ¼ Turn L.
前交換, 踏轉1/4, 藤步帶1/4轉

- 1&2 Shuffle forward stepping L, R, L.
前交換-左, 右, 左
- 3,4 Step forward on R, make a ¼ turn L.
右足前踏, 左轉90度(面向9點鐘)
- 5-8 Cross step R over L, step L to L side, cross step R behind L, make a ¼ turn L stepping forward on L.
(12 o'clock).
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏(面向12點鐘)

***** RESTART here DURING wall 6 – begin again facing 12 o'clock.**

第六面牆跳至此, 從頭起跳

第七段 Forward Rock, ½ Turn R, ¼ Turn R, Sailor Step, Cross Sweep.
前下沉, 右1/2, 右1/4, 水手步, 交叉繞

- 1,2 Rock forward on R, recover weight to L.
右足前下沉, 左足回復
- 3,4 Make a ½ turn R stepping forward on R, make a ¼ turn R stepping L to L side.右轉180度右足前踏, 右轉90度左足左踏(面向9點鐘)
- 5&6 Cross step R behind L, step L to L side, step R to R side.
右足於左足後交叉踏, 左足左踏, 右足右踏
- 7,8 Cross step L over R, sweep R from behind L to in front of R. (3 o'clock).左足於右足前交叉踏, 右足由後繞至前(面向9點鐘)

第八段 Cross Side Behind Point, Cross ¼ Turn L, Side Shuffle L.
交叉側後點, 交叉左1/4, 左追步

- 1-4 Cross step R over L, step L to L side, cross step R behind L, point L to L side.
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左點
- 5,6 Cross step L over R, make a ¼ turn L stepping back on R.
左足於右足前交叉踏, 左轉90度右足後踏(面向6點鐘)
- 7&8 Step L to L side, close R beside L, step L to L side. (6 o'clock).
左足左踏, 右足併踏, 左足左踏(面向6點鐘)
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