

# Frenesi (Frenzy) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Amy Yang (TW) - 2014年12月  
音乐: Frenesi (Frenzy) – Cliff Richard



Intro : 20 counts  
No Tag, No Restart

## Sec . 1 SIDE, TOGETHER, FORWARD, TOUCH, FULL ROLLING TURN, POINT

1 - 4      Step RF to R, Step LF together, Step RF forward, Touch LF together and hip bumps  
5 - 8      1/4 turn L stepping forward on LF, 1/2 turn L stepping back on RF, 1/4 turn stepping Lf to L,  
Point RF to R  
1 - 4      右足右踏, 左足併於右足旁, 右足前進, 左足併點右足旁同時推臀  
5 - 8      左轉1/4左足前踏, 左轉1/2右足後踏, 左轉1/4左足左踏, 右足點右側

## Sec . 2 SIDE, TOGETHER, SIDE CHASSE, CROSS, RECOVER, 1/4 TURN L SHUFFLE

1 - 2      Step RF to R, Step LF together  
3 & 4      Step RF to R, Step LF together, Step RF to R  
5 - 6      Cross LF over RF, Recover onto RF  
7 & 8      1/4 turn L step forward on LF, Lock RF behind LF, Step LF forward (09:00)  
1 - 2      右足右踏, 左足併於右足旁  
3 & 4      右足右踏, 左足併於右足旁, 右足右踏  
5 - 6      左足交叉右足前, 重心回右足  
7 & 8      左轉1/4 左足前進踏, 右足鎖於左足後, 左足前進 (09:00)

## Sec . 3 FORWARD, LOCK, FORWARD SHUFFLE, FORWARD, RECOVER, 1/2 TURN FORWARD SHUFFLE

1 - 2      Step RF forward, Lock LF behind RF  
3 & 4      Step RF forward, Lock LF behind RF, Step RF forward  
5 - 6      Step LF forward, Recover onto RF  
7 & 8      1/2 turn L stepping forward on LF, Lock RF behind RF, Step LF forward (03:00)  
1 & 2      右足前進踏, 左足鎖於右足後  
3 & 4      右足前進踏, 左足鎖於右足後, 右足前進踏  
5 - 6      左足前踏, 重心回右足  
7 & 8      左轉1/2左足前進踏, 右足鎖於左足後, 左足前進踏 (03:00)

## Sec. 4 WALK FORWARD(R,L), FORWARD SHUFFLE, FORWARD, RECOVER,

1 - 2      Step RF forward, Step LF forward  
3 & 4      Step RF forward, Lock LF behind RF, Step RF forward  
5 - 8      Step LF forward, Recover onto RF, Big step back on LF, Drag RF to LF  
1 - 2      右足前進踏, 左足前進踏  
3 & 4      右足前進踏, 左足鎖於右足後, 右足前進踏  
5 - 8      左足前踏, 重心回右足, 左足退一大步, 右足拖向左足

Start Again

Have Fun & Happy Dancing!  
Contact Amy Yang: yang43999@gmail.com