

Faith & Desire (信念與慾念) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Johanna Barnes (USA)
音乐: Come On Get Higher - Matt Nathanson



第一段 STEP, CROSS, ROCK & CROSS, R & L OUT, HIP ROLLS TOWARD 10 o'clock 踏, 交叉, 下沉回復, 交叉, 外 外, 轉臀轉10點鐘

- 1 L small step forward 左足略前踏
- 2 R small sweep forward across L 右足由後繞至左足前交叉踏
- 3 L rock out to L side 左足左下沉
- & recover weight R 右足回復
- 4 L step across R 左足於右足前交叉踏
- 5 R small step to R side 右足略右踏
- 6 L small step to L side 左足略左踏
- 7 counter-clockwise hip movement (to R) 開始右轉臀
- & continue hip roll side and forward (to L) 繼續轉臀
- 8 finish circular hip movement to weight R 結束轉臀一圈, 重心在右足
- & L step slightly forward, angle to 10 o'clock
左足略前踏, 身體面向10點鐘

*alternatively, dancing with the music: hold on count 7 and sway, rock, or hip rolls R, L on "& 8," finishing with weight on L (facing 10 o'clock)

簡易版: 右擺臀, 左擺臀, 結束重心在左足(面向10點鐘)

第二段 PREP-HITCH, ½ R, L PUSH-RECOVER BACK, TOUCH, ½ PIVOT, BACK TRIPLE RUN 踏 抬, 1/2, 推 回復 後 點 轉 後 跑 三步

- 1 R step forward 右足前踏
- & L hitch L foot to inside of R calf 左膝抬靠近右小腿
- 2 ½ turn R, angle to 5 o'clock 右轉180度身體彎向5點鐘
- 3 L push step forward 左足推前踏
- 4 recover weight back to R 右足回復
- & L step back 左足後踏
- 5 R touch back 右足後點
- 6 ½ pivot turn R, leave weight L (face 10)
右轉180度重心在左足(面向10點鐘)
- 7 R step back 右足後踏
- & L step back 左足後踏
- 8 R step back 右足後踏

* on walls 2 & 5, prepare to turn to 9 o'clock, wall for restart, as if you were going to the 3rd set of 8, which turns to 9:00

第二面牆及第五面牆跳至此, 面轉正到9點鐘從頭起跳

Note: standard full walls begin again ¼ wall R from start. Restart walls are ¼ L from start

第三段 SIDE STEP-BEVEL, QUICK-PIVOTWEAVE, LOCKING TRIPLE FORWARD, HIP-FIGURE 8-R MAMBO 側 併, 快速藤步, 前 鎖步, 8字轉臀曼波

- 1 L step to L side, square to 9 o'clock Then rotate on L toward 7 o'clock
(轉正面向9點鐘)左足左踏轉向7點鐘
- 2 R touch next to L, draw in, knees bent
右足併點, 膝彎
- 3 push off on L as R step slightly back
右足略後踏左足抬
- & L cross behind R, rotating toward 10 o'clock
左足於右足後交叉踏轉向10點鐘
- 4 R step to 1/8 R to face 10 o'clock 右轉45度右足踏(面向10點鐘)
- 5 L step forward 左足前踏
- & R step slightly behind L 右足於左足後踏
- 6 L step forward 左足前踏

- 7 R push rock forward, rotate R hip clockwise R
右足前下沉右轉臀
- & L recover weight back, rotate to L hip
左足回復左轉臀
- 8 R step back, finish hip movement, weight R
右足後踏推臀重心在右足

第四段 BACK-STEP HIP ROLLS x2, FULL SPIRAL TURN R, ½ TRIPLE RUN-AROUND
後-踏 轉臀二次, 右螺旋轉圈, 三步轉

- 1 L touch back, no weight (facing 10 o'clock)
左足後點重心在右足(面向10點鐘)
- & roll hips, under and then back 轉臀
- 2 fully weight back on L 左足踏
- & R step next to L 右足併踏
- 3 L touch back, no weight (facing 10 o'clock)
左足後點重心在右足(面向10點鐘)
- & roll hips, under and then back 轉臀
- 4 fully weight back on L 左足踏
- & R step next to L 右足併踏
- 5 step L forward, square to 9 o'clock
左足前踏(轉正回9點鐘)
Create torque (R arm fwd, L back)
雙手做槓桿狀(右手向前, 左手向後)
- 6 full spiral turn R, end with R across, weight L
右足於左足前交叉螺旋右轉圈, 結束重心在左足
- 7 release weight, step R ¼ish turn R
右轉90度右足踏
- & L step ¼ish turn across R
右轉90度左足於右足前交叉踏
- 8 R step forward to 3 o'clock, new wall
右足前踏面向3點鐘從頭起跳
(BEGIN AGAIN, and most certainly DWYF!)
-