

Fortune Foxtrot (幸運排舞) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jo Thompson Szymanski (USA) - 2010年03月
音乐: On A Slow Boat To China - Ronnie Dove : (CD: Beach, Boogie & Blues, Vol 6)



前奏 : Intro: 16 counts 16拍後起跳

第一段 Twinkle, Whisk 華士步, 夾腳步

- 1-2 Step L forward to R front diagonal (1), Hold (2).
左足向右斜前踏, 候
- 3-4 Step R foot to R side (3), Step L to L front diagonal (4).
右足右踏, 左足左斜前踏
- 5-6 Step R forward to L front diagonal, starting to turn $\frac{1}{4}$ R (5), Hold, finishing $\frac{1}{4}$ turn R (6). 右足向左斜前踏右轉90度, 候
- 7-8 Step L foot to L side (7), Step R crossed tightly behind L, should feel like a lock (be sure to lower on this step bending knees slightly) (8). 左足左踏, 右足於左足後略交叉鎖踏(略彎膝)
- Note: if this is uncomfortable on the knees you could just step in place on count 8. 如果彎膝動作不易做出, 只要交叉踏也是可以

第二段 Quick Foxtrot Weave 6, Cross Rock, Recover 快步狐步6步藤步, 交叉下沉 回復

- 1-2 Step L across front of R (1), Step R to R side (2).
左足於右足前交叉踏, 右足右踏
- 3-4 Turn $\frac{1}{4}$ L, step back with L (3), Step back with R (4).
左轉90度左足後踏, 右足後踏
- 5-6 Turn $\frac{1}{2}$ L, step forward with L (5), Turn $\frac{1}{4}$ L, Step R to R side (6).
左轉180度左足前踏, 左轉90度右足右踏
- 7-8 Rock L forward across front of R (7), Replace weight back to R (8). 左足於右足前交叉下沉, 右足回復

Non-turning option for the above 8 counts:
上述8拍不轉動簡易版

- 1-2 Step L across front of R (1), Step R to R side (2).
左足於右足前交叉踏, 右足右踏
- 3-4 Step L behind R (3), Step R to R side (4).
左足於右足後踏, 右足右踏
- 5-6 Step L across front of R (5), Step R to R side (6).
左足於右足前交叉踏, 右足右踏
- 7-8 Rock L across front of R (7), Recover back to R (8).
左足於右足前下沉, 右足回復

第三段 Back, Kick, Behind, Side, Forward, Kick, Behind, Side 後, 踢, 後, 側, 前, 踢, 後, 側

- 1-2 Step back with L to L back diagonal (1), Kick R forward to R front diagonal (2). 左足左斜角後踏, 右足右斜角前踢
- 3-4 Step R crossed behind L (3), Step L to L side (4).
右足於左足後交叉踏, 左足左踏
- 5-6 Step R across front of L (5), Kick L forward to L front diagonal (6). 右足於左足前交叉踏, 左足左斜角前踢
- 7-8 Step L crossed behind R (7), Step R to R side (8).
左足於右足後交叉踏, 右足右踏

第四段 Cross, Unwind Slowly, Quick Sway 4 (Optional Turn, Sway 2) 交叉, 慢繞, 快擺臀 4(轉, 擺臀 2)

- 1-4 Place L tightly across front of R (1), Slowly unwind 360 degrees R end weight on R (2-4). 左足於右足前交叉踏, 右慢轉360度結束重心在右足

Easier:
簡易版 Point L across R (1), Step L to L (2), Point R across L (3), Step L to L (4). 左足於右足前交叉點, 左足左踏, 右足於左足前交叉點, 左足左踏

5-6 Step L to L side (5), Shift weight R to R side (6).
左足左踏, 重心轉換至右足

7-8 Shift weight L to L side (7), Shift weight R to R side (8). (Use body sway on counts 5-8, lower body goes L when you step L, R when you step R, etc.) 重心轉換至左足, 重心移至右足
(5-8拍身體擺動, 當重心移至左時身體略低擺向左, 重心至右足身體擺向右)

Harder:
進階版 After the slow unwind on counts 1-4 you will be crossed R in front of L, leave feet where they are and turn L 360 degrees, end weight on R (5-6), Feet part, sway L, R (7-8).
1-4拍慢速轉圈動作後, 右足於左足前交叉踏, 左轉360度結中重心在右足, (兩腳分開)左擺臀, 右擺臀

Even
harder:
高級版 Think double spin! Turn L 360 degrees, end weight on R (5), Spin L 360 degrees on R allowing L foot to stay crossed in front of R shin (6), Feet apart, sway L, R (7-8).
左轉360度結束在右足, 左轉360度左足於右足踝前交叉踏, (兩腳分開)左擺臀, 右擺臀
