

Guantanamera (關達拉美拉) (zh)

COPPER KNOB
STYLEDANCE

拍数: 48 牆数: 4 級数: Intermediate
編舞者: Kim Ray (UK) - 2008年10月
音樂: Guantanamera - Jody Bernal : (CD: Alle Hits)



前奏 : 32 count intro 32拍後起跳

第一段 Left Lock, Left Lock Left, Sways & Touch 左鎖, 左鎖左, 推臀&點

- 1-2 Step forward on left, lock step right behind left popping left knee forward 左足前踏, 右足於左足後鎖踏左膝前彈
- 3&4 Step forward on left, step right behind left, step forward on left 左足前踏, 右足於左足後踏, 左足前踏
- 5-6 Stepping forward on right (facing left diagonal) sway hips forward, sway hips back 右足前踏(面向左斜角線) 前推臀, 後推臀
- 7-8 Sway hips forward, touch left next to right 前推臀, 左足併點

第二段 Step Back, Cross Back Cross, Step Back Left, Step Back Right, Cross, Back Cross Back 後踏, 交叉後交叉, 左後踏, 右後踏, 交叉後交叉後

- 1 Step back on left 左足後踏
- 2&3 Cross step right over left, step back on left, cross step right over left (counts 1-3 facing left diagonal) 右足於左足前交叉踏, 左足後踏, 右足於左足前交叉踏 (1-3拍面向左斜角線)
- 4 Step back on left (straightening up) 左足後踏(面向正前方)
- 5-6 Step back on right, cross step left over right 右足後踏, 左足於右足前交叉踏
- 7&8 Step back on right, cross left over right, step back on right (counts 5-8 facing right diagonal) 右足後踏, 左足於右足前交叉踏, 右足後踏 (5-8拍面向右斜角線)

第三段 Rock/Recover, Triple ½ Turn, ½ Turn & Step, Shuffle Forward, Step Forward 下沉回復, 小三步轉1/2, 轉1/2& 踏, 前交換, 前踏

- 1-2 Rock back on left, recover forward on right 下沉回復 左足後下沉, 右足前回復
- 3&4 Triple ½ turn right stepping left, right, left 小三步轉 小三步右轉180度-左, 右, 左
- 5 轉 ½ turn right stepping forward on right 右轉180度右足前踏
- 6&7 Shuffle forward to left diagonal stepping left, right, left 前交換 左斜角線前交換步-左, 右, 左
- 8 踏 Step forward and to right diagonal on right 右足向右斜角線前踏

第四段 Cross Rock/Recover, Chassis Left, Cross Rock/Recover, Chassis ¼ Right 交叉下沉回復, 左追步, 交叉下沉回復, 右追步轉1/4

- 1-2 Cross rock left over right, recover back on right 交叉下沉 左足於右足前交叉下沉, 右足後回復
- 3&4 Step left to left side, step right next to left, step left to left side 左chasse 左足左踏, 右足併踏, 左足左踏
- 5-6 Cross rock right over left, recover back on left 交叉下沉 右足於左足前交叉下沉, 左足後回復
- 7&8 Step right to right side, step left next to right, ¼ turn right stepping forward on right 右chasse 右足右踏, 左足併踏, 右轉 轉90度右足前踏

(Restart wall 3 facing 9 o/c) 第三面牆面向9點鐘時從頭起跳

第五段 Pivot ½ Turn Right, Triple ½ Turn Right, Step Back, ½ Turn Left, Pivot ½ Turn Left
踏右轉1/2, 小三步右轉1/2, 後踏, 左轉1/2, 踏左轉1/2

1-2 Step forward on left, ½ pivot turn right
踏轉 左足前踏, 右轉180度

3&4 Triple ½ turn right stepping left, right, left
小三步轉 小三步右轉180度-左, 右, 左

5-6 Step back on right, ½ turn left stepping forward on left
後踏轉 右足後踏, 左轉180度左足前踏

7-8 Step forward on right, ½ pivot turn left
前踏轉 右足前踏, 左轉180度

第六段 Cross Rock/Recover, Full Turn & Half Turn Right, Coaster Step
交叉下沉回復, 右轉轉圈 &半圈, 海岸步

1-2 Cross rock right over left, recover back on left
交叉下沉 右足於左足前交叉下沉, 左足後回復

3-4 ¼ turn right stepping forward on right, ½ turn right stepping back on left 右轉90度右足前踏, 右轉180度左足
90 180 後踏

5-6 ½ turn right stepping forward on right, ¼ turn right stepping left to left side 右轉180度右足前踏, 右轉90度左
180 90 足左踏

7&8 Step back on right, step left next to right, step forward on right 右足後踏, 左足併踏, 右足前踏
海岸步

TAG: To be danced at END of wall 4 facing back 加拍:結束時多跳四拍

Mambo Forward, Mambo Back 前曼波, 後曼波

1&2 Rock forward on left, recover back on right, step back on left
前曼波 左足前下沉, 右足後回復, 左足後踏

3&4 Rock back on right, recover forward on left, step forward on right 右足後下沉, 左足前回復, 右足前踏
後曼波
