

Pretty In Pink (粉紅佳人) (zh)

COPPER KNOB
STYLEDANCE

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK) - 2007年11月
音乐: Pretty In Pink - Sweetbox : (Album: Greatest Hits)



前奏 : Intro: 72 counts (25 secs) 72拍(約25秒)後起跳

第一段 Sway Right, Sway Left 右擺臀, 左擺臀

- 1,2,3 Step Right To Right Side Swaying Right (12)
右足右踏右擺臀(12點鐘)
- 4,5,6 Step Left To Left Side Swaying Left 左足左踏左擺臀

第二段 Make 1¼ Turn Rolling Vine, Step, Slow 1/2 Pivot 轉1¼華倫步, 踏, 慢轉1/2

- 1,2,3 Make 1¼ Rolling Vine To The Right Side (1/4, 1/2, 1/2) (3)
向右轉90度, 180度, 180度華倫步(3點鐘)
- 4,5,6 Step Forward On Left, Make Slow 1/2 Pivot Turn Right Keeping Weight Back On Left (Over 2counts) (9)
左足前踏, 2拍右轉180度重心在左足後踏(9點鐘)

第三段 Walk Right, Left Ronde, Walk Left, Right Ronde 右走, 左繞, 左走, 右繞

- 1,2,3 Walk Forward On Right, Ronde Sweep Left In Front Of Right (Over 2counts) 右足前走, 左足以2拍繞至右前
- 4,5,6 Step Forward Onto Left, Ronde Sweep Right In Front Of Left (Over 2 Counts) 左足前踏, 右足以2拍繞至左前

第四段 Right Twinkle, Left Twinkle 右華士步, 左華士步

- 1,2,3 Cross Right Over Left, Rock Left To Left Side, Rock Onto Right Side
右足於左足前交叉踏, 左足左下沉, 右足右下沉
- 4,5,6 Cross Left Over Right, Rock Right To Right Side, Rock Onto Left Side
左足於右足前交叉踏, 右足右下沉, 左足左下沉

第五段 Right Cross, Hold For 2, Left Back Step, Drag 右交叉, 候2拍, 左後踏, 拖

- 1,2,3 Cross Right Over Left, Hold, Hold 右足於左足前交叉踏, 候, 候
- 4,5,6 Take Big Step Back On Left, Drag Right To Meet Left (Over 2 Counts)(Weight On Left) 左後一大步, 右足以2拍拖併重心在左足

第六段 Right Side Step, Drag, Step Left, Kick Right, Hold 右踏, 拖, 左踏, 右踢, 候

- 1,2,3 Take Big Step To Right Side, Drag Left To Meet Right (Over 2 Counts)(Weight On Right) 右一大步, 左足以2拍拖併重心在右足
- 4,5,6 Step Forward On Left, Angling Body To The Right Diagonal – Low-Kick Right Forward, HOLD 左足前踏身體彎向右斜角線, 右足略前踢, 候

第七段 Diagonal Back Right, Raise Knee, Hold, Cross Left, Ronde Right 右後斜角線, 舉膝, 候, 左交叉, 右繞

- 1,2,3 Step Back On Right (Still On Diagonal), Raise Left Knee Pointing Toes Down, HOLD 右足斜角線後踏, 舉左膝點足趾, 候
- 4,5,6 Cross Left Over Right, Ronde Sweep Right In Front Of Left (Over 2 Counts) 左足於右足前交叉踏, 右足以2拍繞至左足前

第八段 Weave Left, Side Left, Drag 左藤步, 左踏, 拖

- 1,2,3 Cross Right Over Left, Step Left To Left Side, Cross Right Behind Left 右足於左足前交叉踏, 左足左踏, 左足於左足後交叉踏
- 4,5,6 Take A Big Step To Left Side, Drag Right To Meet Left (Over 2 Counts) (9) 左一大步, 右足以2拍拖併(9點鐘)
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