

Pot Of Gold (最終寶藏) (zh)

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Liam Hrycan (UK) - 1999年07月
音乐: Dance Above the Rainbow - Ronan Hardiman : (CD: Feet Of Flames)



前奏 : INTRO: 16C 16拍起跳

- 第一段** **R Sailor Step, L Sailor Step, R Behind/Unwind (Full-R), L Side Rock/Recover** 右水手, 左水手, 後交叉 繞轉圈, 左下沉 回復
- 1&2 Step right foot behind left, step left foot to left side, step right foot to right side 右足於左足後交叉踏, 左足左踏, 右足右踏
- 3&4 Step left foot behind right, step right foot to right side, step left foot to left side 左足於右足後交叉踏, 右足右踏, 左足左踏
- 5-6 Cross right foot behind left, unwind a full turn right in place over right shoulder (weight ending on R foot)
右足於左足後交叉踏, 右繞轉圈(重心在右足)
- 7-8 Rock left foot to left side, recover weight onto right foot
左足左下沉, 右足回復
- 第二段** **L Sailor Step, R Sailor Step, L Behind/Unwind (Full-L), R Side Rock/Recover** 左水手, 右水手, 後交叉 繞轉圈, 右下沉 回復
- 1&2 Step left foot behind right, step right foot to right side, step left foot to left side 左足於右足後交叉踏, 右足右踏, 左足左踏
- 3&4 Step right foot behind left, step left foot to left side, step right foot to right side 右足於左足後交叉踏, 左足左踏, 右足右踏
- 5-6 Cross left foot behind right, unwind a full turn left in place over left shoulder (weight ending on L foot)
左足於右足後交叉踏, 左繞轉圈(重心在左足)
- 7-8 Rock right foot to right side, recover weight onto left foot
右足右下沉, 左足回復
- 第三段** **R Chasse, L Cross Rock/Recover, L Chasse, R Cross Rock/Recover**
右追步, 交叉下沉 回復, 左追步, 交叉下沉 回復
- 1&2 Step right foot to right side, step left foot to place beside right, step right foot to right side 右足右踏, 左足併踏, 右足右踏
- 3-4 Cross rock left foot over right, recover weight back onto right foot
左足於右足前交叉下沉, 右足回復
- 5&6 Step left foot to left side, step right foot to place beside left, step left foot to left side 左足左踏, 右足併踏, 左足左踏
- 7-8 Cross rock right foot over left, recover weight back onto left foot
右足於左足前交叉下沉, 左足回復
- 第四段** **R Chasse (¼-R), L Step/½ Pivot R, Forward Full Rolling Turn R (L,R), L Shuffle Fwd** 右追步轉, 踏 轉, 踏 轉, 轉 轉, 前交換
- 1&2 Step right foot to right side, step left foot to place beside right, step right foot to right side a ¼ turn right
右足右踏, 左足併踏, 右轉90度右足前踏
- 3-4 Step left foot forward, pivot a ½ turn right
左足前踏, 右轉180度(重心在右足)

- 5-6 Step left foot forward a ½ turn right, step right foot back a ½ turn right 右轉180度左足前踏, 右轉180度右足後踏
- 7&8 Step left foot forward, step right foot to place beside left, step left foot forward 左足前踏, 右足併踏, 左足前踏
- 第五段**
第六段 **R Mambo Rock Back, L Mambo Rock Fwd, R Step/½ Pivot L, R Stomp Fwd, L Stomp Fwd (REPEATED)**
前曼波, 後曼波, 踏轉, 右重踏, 左重踏(重覆)
- 1&2 Rock right foot forward, recover weight back onto left foot, step right foot back 右足前下沉, 左足回復, 右足後踏
- 3&4 Rock left foot back, recover weight onto right foot, step left foot forward 左足後下沉, 右足回復, 左足前踏
- 5-6 Step right foot forward, pivot a ½ turn left 右足前踏, 左轉180度(重心在左足)
- 7& Stomp right foot forward, clap hands (every wall apart from the 1st Wall) 右足前重踏, 拍手(第一面牆除外)
- 8& Stomp left foot forward, clap hands (every wall apart from the 1st Wall) 左足前重踏, 拍手(第一面牆除外)
- 1&2 Rock right foot forward, recover weight back onto left foot, step right foot back 右足前下沉, 左足回復, 右足後踏
- 3&4 Rock left foot back, recover weight onto right foot, step left foot forward 左足後下沉, 右足回復, 左足前踏
- 5-6 Step right foot forward, pivot a ½ turn left 右足前踏, 左轉180度(重心在左足)
- 7& Stomp right foot forward, clap hands (every wall apart from the 1st Wall) 右足前重踏, 拍手(第一面牆除外)
- 8& Stomp left foot forward, clap hands (every wall apart from the 1st Wall) 左足前重踏, 拍手(第一面牆除外)
- 第七段** **L Weave With Syncopated R Heel Touch, (&) R Replace, R Weave With Syncopated L Heel Touch, (&) L Replace**
藤步帶踵點, 併, 藤步帶踵點, 併
- 1-3 Step right foot over left, step left foot to left side, step right foot behind left 右足於左足前交叉踏, 左足左踏, 右足於左足後踏
- &4& Step left foot beside right, touch right heel forward to right diagonal, step right foot to place beside left 左足併踏, 右足踵右斜角前點, 右足併踏
- 5-7 Step left foot over right, step right foot to right side, step left foot behind right 左足於右足前交叉踏, 右足右踏, 左足於右足後踏
- &8& Step right foot beside left, touch left heel forward to left diagonal, step left foot to place beside right 右足併踏, 左足踵左斜角前點, 左足併踏
- 第八段** **Jazzbox (½-R) With L Stomp Beside R, L Chasse, R Stomp/Kick**
右轉1/2爵士方塊帶併重踏, 左追步, 後重踏/踢
- 1-2 Step right foot over left, step left foot back a ¼ turn right 右足於左足前交叉踏, 右轉90度左足後踏
- 3-4 Step right foot to right side a ¼ turn right, stomp left foot to place beside right (no weight transfer) 右轉90度右足右踏, 左足併重踏(重心不移轉, 仍在右足)
- 5&6 Step left foot to left side, step right foot to place beside left, step left foot to left side 左足左踏, 右足併踏, 左足左踏

7-8

Stomp right foot to place beside left, kick right foot forward to right diagonal 右足於左足後重踏, 右足右斜角前踢
