

Private Dancer (私密舞友) (zh)

COPPER KNOB
BY PERSEUS

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Scott Blevins (USA) - 2010年09月
音乐: Slow Dance - Natalie : (CD: Everything New)



前奏: 32 count intro to start with lyrics "Slooooooooow dance.." 32拍後唱"Slooooooooow dance.."起跳

Part A (16 cts x2 = 32 cts) A部份 16拍跳二次, 總共32拍

第一段

1-2 1) Press to side right on ball of R; 2) Recover weight to L
壓回 右足右壓踏, 左足回復
3&4 3) Step R behind L; &) Step side L turning 1/8 left [11:00 diagonal]; 4) Step forward R [11:00 diagonal]
後旁斜前 右足於左足後踏, 左轉45度左足左踏(面向11點鐘), 右足前踏(11點鐘)
5&6 5) Rock forward on L; &) Recover back on R; 6) Step back L
斜前曼波 左足前下沉, 右足回復, 左足後踏
7&8 7) Turn 1/8 right [12:00] stepping side R; &) Step L next to R; 8) Turn 1/4 right [3:00] stepping forward R
追步轉正 右轉45度右足右踏(面向12點鐘), 左足併踏, 右轉90度右足前踏(3點鐘)

第二段

&1-2 &) Turn 1/2 right stepping L next to R [9:00]; 1) Turn 1/4 right stepping R across L [12:00]; 2) Step back L
轉-90交叉後 右轉180度左足併踏(面向9點鐘), 右轉90度右足於左足前交叉踏(面向12點鐘), 左足後踏
3-4 旁前 3) Step side R; 4) Step forward L 右足右踏, 左足前踏
5&6 5) Rock forward R; &) Recover weight to L turning 1/4 to right [3:00]; 6) Turn 1/4 right [6:00] stepping forward
踏右90 90 R 右足前下沉, 右轉90度左足回復(面向3點鐘), 右轉90度右足前踏(6點鐘)
7&8 7) Step forward L; &) Turn 1/2 right [12:00] taking weight on R; 8) Step L across R
踏轉交叉 左足前踏, 右轉180度重心在右足(面向12點鐘), 左足於右足前交叉踏

Part B (64 cts) B部份 64拍

第一段

1&2 1) Press to side right on ball of R foot (heel raised); &) Swivel on ball of R turning right knee in towards left;
壓膝左右 2) Swivel on ball of R turning knee towards right (weight on R)
 右足右壓踏(踵抬), 轉右膝併向左, 轉右膝向右(重心在右足)
3&4 3) Step L behind R; &) Step side R; 4) Step side L (Sailor)
水手步 左足於右足後踏, 右足右踏, 左足左踏(水手步)
5&6 5) Step R behind L; &) Turn 1/4 left [9:00] stepping slightly forward L; 6) Step side R (Turning Sailor)
90轉水手 右足於左足後踏, 左轉90度左足前踏(面向9點鐘), 右足右踏(1/4轉水手)
&7&8 &) Twist heels of both feet towards left; 7) Return heels to center taking weight on L; &) Raise R knee into
踵左回 "figure 4" hitch (R toe next to L leg); 8) Step R across L
膝抬交叉 雙足踵轉向左, 雙足踵轉回重心在左足, 右膝抬呈數字4(右足趾併左腿), 右足於左足前交叉踏

第二段

1&2 1) Rock L forward to left corner [7:00 diagonal]; &) Recover weight back on R [7:00 diagonal]; 2) Step back
左斜前曼 L turning slightly right [9:00]
波轉正 左足左斜角前下沉(面向7點鐘), 右足回復, 左足後踏(轉正面向9點鐘)
3&4 3) Turn 3/8 right [1:00 diagonal] stepping forward on R; &) Step L behind R; 4) Step forward R
轉斜鎖步 右轉135度右足前踏(面向1點鐘), 左足於右足後踏, 右足前踏
5&6 5) Rock forward L [1:00 diagonal]; &) Recover weight onto R; 6) Turn 3/8 left [9:00] stepping forward L
曼波轉正 左足前下沉(面向1點鐘), 右足回復, 左轉135度左足前踏(面向9點鐘)
&7-8 &) Step side R starting 1/4 turn left; 7) Finish turning 1/4 left [6:00] stepping L across R; 8) Step side R
右-左90 右 右足右踏, 左轉90度左足於右足前交叉踏, 右足右踏

第三段

- 1-2 1) Turn ¼ left [3:00] stepping forward L; 2) Hold
左90 候 左90度左足前踏(面向3點鐘), 候
- &3-4 &) Step R behind L; 3) Step forward L; 4) Rock forward R
後-前 下沉 右足於左足後踏, 左足前踏, 右足前下沉
- 5-6 5) Recover weight to L turning ¼ right [6:00]; 6) Turn ¼ right [9:00] stepping forward R
右90 90 左足回復右轉90度(面向6點鐘), 右轉90度右足前踏(面向9點鐘)
- 7&8 7) Turn ½ right stepping back L; &) Turn ½ right [9:00] stepping forward R; 8) Step forward L
轉 轉 踏 右轉180度左足後踏, 右轉180度右足前踏(面向9點鐘), 左足前踏

第四段

NOTE!!!!!! MUST REPLACE COUNTS 7-8 WITH 7&8 FOR SHORT B WALL!!!! SEE BELOW. 注意:在跳32拍B部份時要將7-8拍變成7&8後接續A部份

- &1-2 &) Step forward onto ball of R; 1) Step L next to R; 2) Step back R
踏-併 後 右足前踏, 左足併踏, 右足後踏
- 3-4 3) Step back L; 4) Turn 1/2 right [3:00] stepping forward R
後 轉 左足後踏, 右轉180度右足前踏(面向3點鐘)
- 5&6 5) Rock L forward to left corner [1:00 diagonal]; &) Recover weight back on R; 6); Step back on ball of L
斜前曼波 左足前下沉面向左斜角(面向1點鐘), 右足回復, 左足後踏
- &7-8 &) Step R next to L; 7) Step forward L; 8) Step forward R [1:00 diagonal] 右足併踏, 左足前踏, 右足前踏(面向1點鐘)
併-踏 踏

Replacement For Short B Wall: 跳32拍B部分時的跳法

- 7&8 7) Rock L to left side; &) Recover to R squaring up to original 12:00 wall; 8) Step L across R. Finish facing
曼波交叉 original 12 O'clock wall with A.
左足左下沉, 右足回復(轉正面向12點鐘), 左足於右足前交叉踏, 面向12點鐘跳A部份

第五段

- 1-4 Over the next four counts you will complete 2 full turns to the right to end at 1:00 diagonal: 1) "Prep" step
踏 右2圈 後 forward L [1:00 diagonal]; 2-3) Transferring weight to R foot make 2 full rotations, on the spot, over right
後 後 shoulder (clockwise) on R foot; 4) Step slightly back on L [1:00]
下面4拍將完成兩個右轉圈結束時面向斜角1點鐘的方向
左足前踏(面向1點鐘), 重心在右足原地以2拍右轉(順時針)繞兩圈, 左足略後踏(面向1點鐘)
- 5&6 5) Step R behind L; &) Squaring up to 12:00 step side L; 6) Step R across L 右足於左足後踏, 轉正面向12
後 旁 前 點鐘左足左踏, 右足於左足前交叉踏
- &7&8 &) Step side L; 7) Step R behind L; &) Turn ¼ left [9:00] stepping forward L; 8) Step forward R
旁 後(藤 左足左踏, 右足於左足後踏, 左轉90度左足前踏(面向9點鐘), 右足前踏
步)
左90 踏

第六段

- &1-2 &) Small step forward L; 1) Large step back R pushing hips back and dragging L heel back; 2) Step back L
踏-後 後 opening slightly to right [11:00 diagonal]
左足略前踏, 右足後一大步後推臀左足踵後拖, 左足後踏(面向11點鐘)
- 3&4 3) Turn slightly right stepping side R [12:00]; &) Step L next to R; 4) Turn ¼ right stepping forward R
右追步轉 略右轉右足右踏(面向12點鐘), 左足併踏, 右轉90度右足前踏
正
- 5-6 5) Step forward L; 6) Pivot ½ right [9:00] taking weight on R
踏 轉 左足前踏, 右軸轉180度重心在右足(面向9點鐘)
- 7&8 7) Turn ¼ right [12:00] stepping side L; &) Step R behind L; 8) Step side L [body opens slightly to 11:00
右90左追 diagonal]
步 右轉90度左足左踏, 右足於左足後踏, 左足左踏(面向11點鐘)

第七段

**These counts move you back towards 6:00:
這些動作會向後移**

- 1-2& 森巴 1) Step on ball of R across L 2) Step back L; &) Step slightly back and side on R [body opens slightly to
1:00 diagonal]
右足於左足前交叉踏, 左足後踏, 右足右後踏(身體面向1點鐘)

- 3-4& 森巴 3) Step on ball of L across R [body opens slightly to 1:00 diagonal]; 4) Step back on R; &) Step slightly back and side on L [body opens slightly to 11:00 diagonal]
左足於右足前交叉踏(身體面向1點鐘), 右足後踏, 左足左後踏(身體面向11點鐘)
- 5-6& 森巴 5) Step on ball of R across L [body opens slightly to 11:00 diagonal]; 6) Step back on L; &) Step side R
右足於左足前交叉踏(身體面向11點鐘), 左足後踏, 右足右踏
- 7-8 踏 轉1¼ 7) Step forward L squaring up to 12:00; 8) Transferring weight to R foot make 1¼ rotations, on the spot, over R shoulder (clockwise) on R foot [3:00]
左足前踏(轉正面向12點鐘), 重心在右足原地順時針右轉1又1/4圈(3點鐘)

第八段

- 1-2 左 候 1) Step side L; 2) Hold 左足左踏, 候
- 3-4 交叉後二次 3) Step R behind L; 4) Step L behind R
右足於左足後踏, 左足於右足後踏
- 5-6 右90 左 5) Turn ¼ right [6:00] stepping forward R; 6) Step side L
右轉90度右足前踏(面向6點鐘), 左足左踏
- 7&8& 後 1/4 旁前 7) Step R behind L; &) Turn ¼ left [3:00] stepping forward L; 8) Step side R; &) Step L across R
右足於左足後踏, 左轉90度左足前踏(面向3點鐘), 右足右踏, 左足於右足前交叉踏
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