

Reaching For You (觸及心靈) (zh)

COPPER KNOB
BY STEPHEN

拍数: 66 墙数: 2 级数: Intermediate
编舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音乐: Reach - Vonnie Johnston : (CD: Rob Fowler's 6 PACK)



- 第一段** **Cross, 1/4 Turn R, 1/4 Turn R, Lunge, Recover, Step Side L**
交叉, 右1/4, 右1/4, 曲膝踏, 回復, 左側踏
- 1-3 Cross R over L, turn 1/4 R as you step back on L, turn 1/4 R as you step R to R side
右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足右踏
- 4-6 Cross L over R as you lunge at a forward R diagonal (extend L arm and hand at a R diagonal), recover on R, step L to L side
左足於右斜角線前曲膝交叉踏(左手向右斜角線伸展), 右足回復, 左足左踏
- 第二段** **Repeat Set One Above 重覆第一段**
- 第三段** **Traveling Twinkles R & L Forward 右前華士步, 左前華士步**
- 1-3 Cross R over L slightly stepping forward, step L to L side, recover balance to R 右足於左足略前踏, 左足左踏, 右足回復
- 4-6 Cross L over R slightly stepping forward, step R to R side, recover balance to L 左足於右足略前踏, 右足右踏, 左足回復
- 第四段** **Cross R Over L, 1/4 Turn R Ronde, Cross L Over R, 1/4 Turn L, 1/2 Turn L 右足於左足前交叉踏, 右繞1/4, 左足於右足前交叉踏, 左1/4, 左1/2**
- 1-3 Cross R over L, sweep L into a 1/4 turn R on ball of R for counts 2-3 右足於左足前交叉踏, 左足以2拍右繞轉90度
- 4-6 Cross L over R, turn a 1/4 L stepping back on R, make a 1/2 turn L stepping L forward (you will have completed a 3/4 turn)
左足於右足前交叉踏, 左轉90度右足後踏, 左轉180度左足前踏(270度)
- 第五段** **Lunge Forward, 1/2 Turn R, Lunge Forward, Recover, Step Back**
曲膝前踏, 右1/2, 曲膝前踏, 回復, 後踏
- 1-3 Lunge forward on R as you extend R arm and hand, recover on L, make a 1/2 turn R as you step forward on R
右足曲膝前踏(右手伸向前), 左足回復, 右轉180度右足前踏
- 4-6 Lunge forward on L as you extend L arm and hand, recover on R, step slightly back on L (extend L arm and hand forward)
左足曲膝前踏(左手伸向前), 右足回復, 左足略後踏(左手伸向前)
- 第六段** **R Twinkle, Cross L, R Side Weave**
右華士步, 左交叉, 右側藤步
- 1-3 Cross R over L, step L to L side, recover balance to R
右足於左足前交叉踏, 左足左踏, 右足回復
- 4-6 Cross L over R, step R to R side, step L behind R (for variation, you can substitute weave with a full turn to R side)
左足於右足前交叉踏, 右足右踏, 左足於右足後踏(選擇版: 右轉圈)
- 第七段** **Step R, L Drag, Step L, Right Drag**
右踏, 左拖, 左踏, 右拖
- 1-3 Take long step to R, drag L next to R for counts 2-3
右足右一大步, 左足2拍拖併
- 4-6 Take long step to L, drag R next to L for counts 5-6
左足左一大步, 右足2拍拖併

- 第八段** **Cross R Over L, 1/4 Turn R, 1/4 Turn R, Cross L Over R, Unwind 1/2 Turn R** 右足於左足前交叉踏, 右1/4, 右1/4, 左足於右足前交叉踏, 右轉1/2
- 1-3 Cross R over L, complete a 1/2 R by making a 1/4 turn R as you step back on L, turn 1/4 R as you step R to R side
右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足右踏(180度)
- 4-6 Cross L over R, unwind 1/2 turn R and shift weight to L on count 6
左足於右足前交叉踏, 右轉180度, 重心移至左足
- 第九段** **Travel Back R, L, R; 1 1/2 Turn L** 後移-右, 左, 右, 左轉 1 1/2
- 1-3 Moving back step back on R, step back on L, step back on R
右足後踏, 左足後踏, 右足後踏
- 4-6 Complete a 1 1/2 turn L by making a 1/2 turn L as you step forward on L, turn 1/2 turn L as you step back on R, make a 1/2 turn L as you step forward on L (you will be traveling forward as you make this 1 1/2 turn)
左轉180度左足前踏, 左轉180度右足後踏, 左轉180度左足前踏(共轉1又1/2圈)
- 第十段** **Basic Forward, Step Back, Drag** 基本前華爾滋, 後踏, 拖
- 1-3 Basic waltz step forward by stepping right forward (bring both arms forward), step L next to R, step R in place
右足前踏(雙手向前), 左足併踏, 右足原地踏
- 4-6 Step back on L, drag R next to L for 2 counts (weight remains on L)
左足後踏, 右足2拍拖併重心在左足
- 第十一段** **R and L Twinkles** 右 & 左 華士步
- 1-3 Cross R over L, step L to L side, recover balance on R
右足於左足前交叉踏, 左足左踏, 右足回復
- 4-6 Cross L over R, step R to R side, recover balance on L
左足於右足前交叉踏, 右足右踏, 左足回復

Styling note: Each time the word "reach" is sung in the refrain, you will be starting the dance. Extend your right hand in a sweeping motion from left to right with your palm up. 當唱到"reach"時, 環繞伸出你的右手, 手掌向上, 由左至右
