

Rosemary (Mi Die Xiang) 迷迭香 (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Rep Ghazali (SCO) - 2009年02月
音乐: Rosemary (迷迭香) - Jay Chou (周杰伦)



前奏: 64 count intro. Start slightly after the vocal (36sec). 64拍後(約36秒)唱歌起跳

第一段 Left Side-Behind, Sweep-Cross, Right Side-Cross, Sweep-Cross 左踏-後, 繞-交叉, 右踏-交叉, 繞-交叉

- 1-2 step Left to Left side, cross Right behind Left
左足左踏, 右足於左足後交叉踏
- 3-4 sweep Left from front to back, cross Left behind Right
左足由前繞至後, 左足於右足後交叉踏
- 5-6 step Right to Right side, cross Left over Right
右足右踏, 左足於右足前交叉踏
- 7-8 sweep Right from back to front, cross Right over Left
右足由後繞至前, 右足於左足前交叉踏

第二段 Shuffle Back, Side-Tog, Shuffle Fwd, Side-Tog 後交換, 右踏-併踏, 前交換, 左踏-併踏

- 1&2 step back Left, step Right together, step back Left
左足後踏, 右足併踏, 左足後踏
- 3-4 step Right to Right side, step Left together 右足右踏, 左足併踏
- 5&6 step forward Right, step Left together, step forward Right
右足前踏, 左足併踏, 右足前踏
- 7-8 step Left to Left side, step Right together 左足左踏, 右足併踏

第三段 Side Chasse, Rock Fwd-Recover, Side Chasse, Rock Fwd-Recover 左追步, 下沉 回復, 右追步, 下沉 回復

- 1&2 step Left to Left side, step Right together, step Left to Left side
左足左踏, 右足併踏, 左足左踏
- 3-4 rock forward Right, recover on Left 右足前下沉, 左足回復
- 5&6 step Right to Right side, step Left together, step Right to Right side
右足右踏, 左足併踏, 右足右踏
- 7-8 rock forward Left, recover on Right 左足前下沉, 右足回復

第四段 Shuffle Back, Rock Back-Recover, Hip Bumps Flick 後交換, 後下沉-回復, 推臀帶抬

- 1&2 step back Left, step Right together, step back Left
左足後踏, 右足併踏, 左足後踏
- 3-4 rock back Right, recover on Left 右足後下沉, 左足回復
- 5-6 bump hips to Right, bump hips to Left 右推臀, 左推臀
- 7-8 bump hips to Right, bump hips to Left and flick diagonally back Right on Right 右推臀, 左推臀右足
右斜角後抬

第五段 Weave Right, Side Rock-Recover, Cross Shuffle 右藤步, 右下沉-回復, 交叉交換

- 1-2 step Right to Right side, step Left behind Right
右足右踏, 左足於右足後踏
- 3-4 step Right to Right side, step Left across Right
右足右踏, 左足於右足前交叉踏
- 5-6 side rock Right to Right side, recover on Left
右足右下沉, 左足回復
- 7&8 cross Right over Left, step Left to Left side, cross Right over Left 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

第六段 Side-Behind, ¼ Turn Shuffle, Step-½ Pivot, Full Turn Left
左踏-後, 1/4轉交換, 踏 轉, 轉 轉

- 1-2 step Left to Left side, step Right behind Left
左足左踏, 右足於左足後踏
 - 3&4 ¼ turn Left by stepping forward on Left, step Right together, step forward Left (9) 左轉90度左足前踏, 右足併踏, 左足前踏(面向9點鐘)
 - 5-6 step forward Right, ½ pivot turn Left (3)
右足前踏, 左軸轉180度(面向3點鐘)
 - 7-8 ½ turn Left by stepping back Right, ½ turn Left by stepping forward Left (3) 左轉180度右足後踏, 左轉180度左足前踏(面向3點鐘)
- alternative: walk forward Right-Left 簡易版:右足前走, 左足前走

第七段 Right Rocking Chair, Shuffle Forward, Step-½ Pivot
搖椅步, 前交換, 踏 轉

- 1-2 rock forward Right, recover on Left 右足前下沉, 左足回復
- 3-4 rock back Right, recover on Left 右足後下沉, 左足回復
- 5&6 step forward Right, step Left together, step forward Right
右足前踏, 左足併踏, 右足前踏
- 7-8 step forward Left, ½ pivot turn Right (9)
左足前踏, 右軸轉180度(面向9點鐘)

第八段 Shuffle Forward, Step-¼ Pivot, Jazz Box Touch
前交換, 踏 1/4, 爵士方塊帶點

- 1&2 step forward Left, step Right together, step forward Left
左足前踏, 右足併踏, 左足前踏
 - 3-4 step forward Right, ¼ pivot turn Left (6)
右足前踏, 左軸轉90度(面向6點鐘)
 - 5-6 cross Right over Left, step back Left
右足於左足前交叉踏, 左足後踏
 - 7-8 step Right to Right side, touch Left beside Right (6)
右足右踏, 左足併點(面向6點鐘)
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