

Zenyatta's Waltz (逝愛華爾滋) (zh)

COPPER KNOB
BY STEPHEN B. BROWN

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Michele Burton (USA) - 2010年05月
音乐: Fire Escape - Diane Birch



第一段 Waltz Box 華爾滋方塊

- 1-3 Step L foot forward; Bring R foot to L, stepping side R; Step L slightly back 左足前踏, 右足滑併右踏, 左足略後踏
- 4-6 Step R back; Bring L to R, stepping side L (angle to L diagonal); Step R to front left diagonal [11 o'clock] 右足後踏, 左足滑併左踏(面向左斜角), 右足前踏(面向左斜角)(11點鐘)

第二段 Whisk ~ Chasse 夾腳步, 左追步

- 1-3 Step L to front left diagonal, starting ¼ turn left; Finish ¼ turn left, step R side right; Step L crossed tightly behind R, should feel like a lock (lower on this step, bending knees slightly). [9 o'clock] 左足踏面向左斜角, 左轉90度右足右踏, 左足於右足後鎖踏雙膝略彎(面向9點鐘)
- 4 Step R forward to left front diagonal 右足前踏面向左斜角
- 5&6 Step L side left; Step R beside L; Step L side left (smooth & connected to floor – the ‘&’ count can be done behind or in front of L foot if preferred) 左足左踏, 右足併踏(建議略後交叉踏或前交叉), 左足左踏

第三段 Lunge Return ¼ Turn ~ Step Turn (Full Spiral) Step 曲膝回 1/4, 踏轉圈踏

- 1-3 Step R in front of L; Return wt. to L; Turn ¼ R, stepping forward on R [12 o'clock] 右足於左足前交叉下沉, 左足回復, 右轉90度右足前踏(面向12點鐘)
- 4-6 Step forward on L foot; Full spiral turn right on ball of L; Step R forward (ct. 6) 左足前踏, 重心在左足右轉圈, 右足前踏

第四段 Balance Forward ~ Balance Back 前華爾滋, 後華爾滋

- 19-21 Step L foot forward; Step R slightly forward; Step L foot slightly back 左足前踏, 右足略前踏, 左足略後踏
- 22-24 Step R foot back; Step L slightly back; Step R foot slightly forward [12 o'clock] 右足後踏, 左足略後踏, 右足略前踏(面向12點鐘)

第五段 Forward 1/4 Turn ~ Back Balance (Or Basic) 踏反轉1/4 後踏, 後華爾滋

- 25-27 Step L foot forward; Turn 1/4 left, stepping slightly back on R; Step back on L [9 o'clock] 左足前踏, 左轉90度右足略後踏, 左足後踏
- 28-30 Step R foot back; Step L slightly back; Step R foot slightly forward (not a coaster step) 右足後踏, 左足略後踏, 右足略前踏

第六段 Forward 1/2 Turn ~ Back Balance (Or Basic) 踏反轉 後, 後華爾滋

- 31-33 Step L foot forward; Turn ½ left, stepping back on R; Step L back [3 o'clock] 左足前踏, 左轉180度右足後踏, 左足後踏(面向3點鐘)
- 34-36 Step R foot back; Step L slightly back; Step R foot slightly forward (not a coaster step) 右足後踏, 左足略後踏, 右足略前踏

第七段 Twinkle Right ~ Twinkle Left 右華士步, 左華士步

- 37-39 Step L foot to right front diagonal; Step R foot side right; Step L foot to left front diagonal [3 o'clock] 左足踏面向右斜角, 右足右踏, 左足踏面向左斜角(面向3點鐘)
- 40-42 Step R foot to left front diagonal; Step L foot side left; Step R foot to right front diagonal 右足踏面向左斜角, 左足左踏, 右足踏面向右斜角

第八段 Cross Side ¼ Back ~ Back ¼ ¼ (Waltz Weave)
交叉左 1/4, 後 1/4 1/2(華爾滋藤步)

43–45 Step L foot across front of R; Step L side left; Turn ¼ left, stepping L back 左足於右足前交叉踏, 左足左踏, 左轉90度左足後踏

46–48 Step R back; Turn ¼ left, stepping L foot side left; Turn 1/4, stepping R foot forward [6 o'clock]
右足後踏, 左轉90度左足左踏, 左轉90度右足前踏(面向6點鐘)

Choreographers note: The music is not perfectly phrased, but the musical arrangement allows for a 48 count dance without tags or restarts.

Zenyatta – the first filly to defeat all the colts in the 2009 Breeder's Cup. A horse with a BIG personality. Run Like A Girl!!
