

Hello Dolly (我愛紅娘) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 2 级数: Improver
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音乐: Hello Dolly! - Bobby Darin



- 第一段 Sway R/L ~ Side Close Side ~ Sway L/R ~ Side Close Side**
右擺臀, 左擺臀, 右追步, 左擺臀, 右擺臀, 左追步
- 1-2 Step R foot to right, swaying hips right; Step L foot to left, swaying hips left 右足右踏右擺臀, 左足左踏左擺臀
- 3&4 Step R foot to right; Step L foot beside R; Step R foot to right 右足右踏, 左足併踏, 右足右踏
- 5-6 Step L foot to left, swaying hips left; Step R foot to right, swaying hips right 左足左踏左擺臀, 右足右踏右擺臀
- 7&8 Step L foot to left; Step R foot beside L; Step L foot to left 左足左踏, 右足併踏, 左足左踏
- 第二段 Syncopated Weave ~ Rumba Box**
變奏藤步, 倫巴方塊
- 1-2 Cross R foot in front of L; Step L foot side left 右足於左足前交叉踏, 左足左踏
- 3&4 Cross R foot behind L foot; Step L foot side left; Cross R foot in front of L 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5&6 Step L foot side left; Step R foot beside L; Step L foot forward 左足左踏, 右足併踏, 左足前踏
- 7&8 Step R foot side right; Step L beside R; Step R foot back 右足右踏, 左足併踏, 右足後踏
- 第三段 Coaster Step ~ Walk Walk ~ Forward Rock ~ Side Rock ~ Back Rock Step**
海岸步, 走走, 下沉 回復, 右下沉 回復, 後曼波
- 1&2 Turn 1/8 right, stepping back on L; Step R foot beside L; Step L forward (facing 1 o'clock) 右轉45度左足後踏, 右足併踏, 左足前踏(面向1點鐘)
- 3-4 Walk R foot forward; Walk L foot forward (still facing 1 o'clock) 右足前走, 左足前走(面向1點鐘)
- 5& Rock forward on R foot; Return wt. to L foot 右足前下沉, 左足回復
- 6& Turn 1/8 right, rocking R foot to R; Return wt. to L foot (facing 3 o'clock) 右轉45度右足右下沉, 左足回復(面向3點鐘)
- 7&8 Rock back on R foot; Return wt. to L foot; Step R foot forward 右足後下沉, 左足回復, 右足前踏
- 第四段 Walk Walk ~ Forward 1/4 Cross ~ Side Cross Side Cross**
走走, 踏 1/4 交叉, 右交叉 右交叉
- 1-2 Walk L foot forward; Walk R foot forward 左足前走, 右足前走
- 3&4 Step L forward; Pivot 1/4 right, taking wt. on R foot; Cross L foot in front of right (facing 6 o'clock) 左足前踏, 右轉90度重心在右足, 左足於右足前交叉踏

- 5-8 Step R foot to right; Cross L in front of R; Step R foot to right; Cross L in front of R These 4 walks to the right are done with a R hip lead and bent knees, stepping first onto the ball of the foot before releasing heel to floor. - Think of strutting across the floor with major Broadway flair.
右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
最後這向右移動的四拍動作, 以右推臀彎膝的方式進行, 右踏都以踵離地的方式舞動, 試著以百老匯歌舞劇的表演來詮釋
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