

Umbrella (雨傘) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Amy Christian (USA) - 2009年03月
音乐: Umbrella (Seamus Haji & Paul Emanuel Radio Edit) - Rihanna



前奏 : Intro: 64 Count on lyrics. 64拍後唱歌起跳

第一段 Kick, Out, Out, Arm Roll, Hitch, Touch, Pull, Twist ¼
踢 外 外, 轉手臂, 抬, 點, 拉, 轉1/4

1&2 Kick R foot fwd, Step R to R side, Step L foot to L side,
右足前踢, 右足右踏, 左足左踏

3&4 Roll R arm like a wave across the chest, going left,
右手臂向波浪於胸前滑向左

5-6 Hitch R knee across L knee, Touch R foot out to R side,
右膝於左膝前抬, 右足右點

7 Bring hands out to R side, pulling a imaginary rope,
雙手伸向右邊好像在拉繩子

8 Twist ¼ turn right, lean back slightly on L foot, (Weight on L foot, R foot is touching fwd), 右旋轉90度, 右足前點身體向後重心在左足

第二段 Step Together, Look Up, Palms Out, Together, Swivel Out, Swivel In
併, 向上看伸手掌, 併, 轉出, 轉入

1-2 Step R next to L, Look up with Palms facing upwards (Feel the rain drops) 右足併踏, 向上看雙手
掌面伸向前往上(好像在看看有沒有下雨)

3-4 Step fwd on R, Step L next to R, 右足前踏, 左足併踏

5&6 Swivel Heels Out, Swivel Toes Out, Swivel Heels Out (Feet are apart now)
雙踵轉出, 雙趾轉出, 雙踵轉出(雙腿分開)

7&8 Swivel Heels In, Swivel Toes In, Swivel Heels in, (Feet are together now) 雙踵轉入, 雙趾轉入, 雙
踵轉入(雙腿併合)

第三段 Out, Out, In, In, Press & Slide, Press & Slide
大, 大, 小, 小, 踏滑, 踏滑

1-4 Step Out, Out In, In, 右足右前踏, 左足左前踏, 右足回踏, 左足併踏

5-6 Press the ball of R foot next to L, Slide L foot to L side,
右足併踏, 左足左滑踏

7-8 Press the ball of R foot next to L, Slide L foot to L side,
右足併踏, 左足左滑踏

第四段 Rocking Chair, ¾ turn Walk Around 搖椅步, 走步轉3/4

1-4 Rocking Chair 右足前下沉, 左足回復, 右足後下沉, 左足回復

5-8 Turning left, ¾ Walk around, R, L, R, L,
走四步左轉270度-右, 左, 右, 左
(On counts 5-8 pretend to hold an imaginary umbrella).
在5-8拍時要想像自己撐一把傘, 做拿傘遮雨的動作