

Hallelujah! (哈雷路亞!) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 96 墙数: 4 级数: Intermediate
编舞者: Niels Poulsen (DK) - 2010年09月
音乐: Hallelujah - Lee Dewyze : (3:39)



前奏 : Intro: Start after 24 counts, app. 7 secs into track

第一段 **Fw L, slow R sweep, jazz ¼ R, repeat counts 1-6**
左前踏, 右慢繞, 右1/4三步爵士, 重覆一次

- 1 – 3 Step fw on L (1), start sweeping R fw (2), complete your R sweep fw (3)
左足前踏, 右足以2拍慢慢繞向前
- 4 – 6 Cross R over L (4), turn ¼ R stepping back on L (5), step R to R side (6) 右足於左足前交叉踏, 右轉90度
左足後踏, 右足右踏
- 7 – 9 Step fw on L (7), start sweeping R fw (8), complete your R sweep fw (9)
左足前踏, 右足以2拍慢慢繞向前
- 10 – 12 Cross R over L (10), turn ¼ R stepping back on L (11), step R to R side (12) 右足於左足前交叉踏, 右
轉90度左足後踏, 右足右踏

第二段 **Fw L, slow R lift, slow R back rock, fw L, slow R sweep, jazz ½ R**
左前踏, 右慢抬, 慢後下沉, 左前踏, 右慢繞, 右1/2爵士

- 1 – 3 Step fw on L (1), start lifting R leg fw (2), complete R leg lift (3)
左足前踏, 右足以2拍慢慢前抬
- 4 – 6 Step back on R (4), start twisting upper body slightly to R (5), finish twist to R side (6) 右足後踏, 身體
以2拍略轉向右
- 7 – 9 Step onto L (7), start sweeping R fw (8), complete R sweep fw (9)
左足踏, 以2拍右足向前繞
- 10 – 12 Cross R over L (10), turn ¼ R stepping back on L (11), turn ¼ R stepping fw on R (12) 右足於左足前交
叉踏, 右轉90度左足後踏, 右轉90度右足前踏

第三段 **Fw L, full spiral turn R, run R L R fw, L basic fw, R basic back**
左前踏, 右轉圈, 跑跑跑, 左華爾滋, 右華爾滋

- 1 – 3 Step fw on L (1), start full spiral turn R (2), complete full spiral turn – weight L (3) 左足前踏, 以2拍右轉
圈(重心在左足)
- 4 – 6 Step fw on R (4), run fw on L (5), run fw on R (6)
右足前踏, 左足前跑, 右足前跑
- 7 – 9 Step fw on L (7), step R next to L (8), change weight to L (9)
左足前踏, 右足併踏, 重心在左足
- 10 – 12 Step back on R (10), step L next to R (11), change weight to R (12)
右足後踏, 左足併踏, 重心至右足

第四段 **Full turn box R 以方塊步(右90華爾滋)方式右轉圈**

- 1 – 3 Turn ¼ R stepping L to L side (1), step R next to L (2), change weight to L (3) 右轉90度左足左踏, 右足
併踏, 重心至左足
- 4 – 6 Turn ¼ R stepping R to R side (4), step L next to R (5), change weight to R (6) 右轉90度右足右踏, 左足
併踏, 重心至右足
- 7 – 9 Turn ¼ R stepping L to L side (7), step R next to L (8), change weight to L (9) 右轉90度左足左踏, 右足
併踏, 重心至左足
- 10 – 12 Turn ¼ R stepping R to R side (10), step L next to R (11), change weight to R (12) 右轉90度右足右踏,
左足併踏, 重心至右足

第五段 **Cross, full unwind R, step on R, L side rock, fw L with sweep, fw R with sweep** 交叉, 右繞轉圈, 右踏, 左
下沉 回復, 左前踏繞, 右前踏繞

- 1 – 3 Cross L over R (1), start unwinding full turn R (2), complete full unwind – weight L (3)
左足於右足前交叉踏, 右足以2拍向右繞轉圈(重心在左足)
- 4 – 6 Step down on R (4), rock L to L side (5), recover weight to R (6)
右足踏, 左足左下沉, 右足回復
- 7 – 9 Step fw on L sweeping R fw (7), continue sweeping R fw (8), complete R sweep fw (9) 左足前踏, 右足以2拍向前繞
- 10 – 12 Step fw on R sweeping L fw (10), continue sweeping L fw (11), complete L sweep fw (12) 右足前踏, 左足以2拍向前繞

第六段 Step L fw, ¼ sweep L, weave, step L with L twist, step R with R twist
左前踏, 1/4繞, 藤步, 左踏 轉向左, 右踏 轉向右

- 1 – 3 Step down on L (1), turn ¼ L on L starting to sweep R fw (2), complete R sweep fw (3)
左足踏, 左轉90度右足以2拍繞向前
- 4 – 6 Cross R over L (4), step L to L side (5), cross R behind L (6)
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏
- 7 – 9 Step L to L side (7), start twisting upper body slightly to L side (8), finish L twist (9) 左足左踏, 上半身以2拍向左旋轉
- 10 – 12 Step R to R side (10), start twisting upper body slightly to R side (11), finish R twist (12) * 右足右踏, 上半身以2拍向右旋轉

Restart: After 72 counts during your 2nd wall. You'll be facing 6:00 when starting your 3rd wall 第二面牆跳至此會面向6點鐘, 從頭起跳

第七段 ¼ basic L, ½ basic L, ½ L with slow sweep, weave
左1/4華爾滋, 轉華爾滋, 左轉 慢繞, 藤步

- 1 – 3 Turn ¼ L stepping fw on L (1), step R next to L (2), change weight to L (3) 左轉90度左足前踏, 右足併踏, 重心至左足
- 4 – 6 Turn ½ L stepping back on R (4), step L next to R (5), change weight to R (6) 左轉180度右足後踏, 左足併踏, 重心至右足
- 7 – 9 Turn ½ L stepping fw on L starting to sweep R fw (7), continue sweep (8), finish sweep (9) 左轉180度左足前踏, 右足以2拍繞向前
- 10 – 12 Cross R over L (10), step L to L side (11), cross R behind L (12)
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏

第八段 Step L to L, slide R to L, chasse ¼ R, fw L, full turn R, R basic fw

- 1 – 3 Step L a big step to L side (1), slide R towards L (2), twist upper body slightly to L side (3)
左足左一大步, 右足滑併踏, 身體略轉向左
- 4 – 6 Step R to R side (4), step L next to R (5), turn ¼ R stepping R fw (6)
右足右踏, 左足併踏, 右轉90度右足前踏
- 7 – 9 Step fw on L (7), start turning full turn R on L sweeping R around (8), complete turn (9) 左足前踏, 以2拍右繞轉圈
- 10 – 12 Step fw onto R (10), step L next to R (11), change weight to R (12)
右足前踏, 左足併踏, 重心移至右足

During counts 85-96 on 4th wall (facing 9:00) the music slows down. Slow down your steps with the music and return to normal speed from wall 5, now facing 12:00

第四面牆(面向9點鐘)跳到這一段, 音樂會慢下來, 腳步配合音樂慢下來, 到面向12點鐘起跳第五面牆時, 節奏才恢復正常

Ending

On wall 7, facing 6:00, do up to count 48 then cross L over R, unwind slowly to face 12:00 第七面牆跳至48拍會面向6點鐘, 左足於右足前交叉踏, 慢慢繞轉面向12點鐘