

Hawaiian Roller Coaster Ride (婀娜多姿) (zh)

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Beginner

编舞者: Michael Scoggins (USA) - 2002年00月

音乐: Hawaiian Roller Coaster Ride - Kamehameha Schools Children's Chorus & Mark Keali'i Ho'omalu : (Album: Lilo & Stitch Soundtrack)



第一段 Step, Step, Hip Bumps 踏, 踏, 推臀

- 1-2 Step Left Foot To Left Side, Step Right Foot Beside Left Foot
左足左踏, 右足在左足旁踏
- 3&4 Bump Hips Left, Bump Hips Right, Bump Hips Left
臀左推, 臀右推, 臀左推
- 5-6 Step Right Foot To Right Side, Step Left Foot Beside Right Foot
右足右踏, 左足在右足旁踏
- 7&8 Bump Hips Right, Bump Hips Left, Bump Hips Right
臀右推, 臀左推, 臀右推

第二段 Step Rock, Hip Bumps 踏下沉, 推臀

- 1-2 Step Left Foot Forward, Rock Back On Right Foot
左足前踏, 右足後下沉
- 3&4 Step Left Foot Back & Bump Hips Left, Bump Hips Right, Bump Hips Left
左足後踏臀左推, 臀右推, 臀左推
- 5-6 Step Right Foot Forward, Rock Back On Left Foot
右足前踏, 左足後下沉
- 7&8 Step Right Foot Back & Bump Hips Right, Bump Hips Left, Bump Hips Right
右足後踏臀右推, 臀左推, 臀右推

第三段 Walk, Shuffle, Rock Step ½ Turn Shuffle 走步, 交換步, 下沉踏 轉1/2交換步

- 1-2 Step Left Foot Forward, Step Right Foot Forward
左足前踏, 右足前踏
- 3&4 Step Left Foot Forward, Step Right Foot Beside Left Foot, Step Left Foot Forward 向前交換步
(左、右、左)
- 5-6 Step Right Foot Forward, Rock Back On Left Foot
右足前踏, 左足後下沉
- 7&8 Step Right Foot ¼ Turn Right, Step Left Foot Beside Right Foot, Step Right Foot ¼ Turn Right
向後轉交換步 (右足右轉90度踏、左在右足旁踏, 右足右轉90度踏)

第四段 ¼ Turn Left, Cross Shuffle, Syncopated Vine 左轉1/4, 交叉交換步, 變奏華倫步

- 1-2 Step Left Foot Forward, Turn ¼ Turn To Left Transfer Weight To Right Foot 左足前踏, 右轉90度
- 3&4 Step Left Foot Across Front Of Right Foot, Step Right Foot To Right Side, Step Left Foot
Across Front Of Right Foot
交叉交換步 (左足交叉於右前踏, 右足右側踏, 左足交叉於右前踏)
- 5-6 Step Right Foot To Right Side, Step Left Foot Behind Right Foot
右足右側踏, 左足交叉於右後踏

7&8 Step Right Foot To Right Side , Step Left Foot Across Front Of Right Foot , Step Right Foot To Right Side
(快速華倫步) 右足右側踏，左足交叉於由前踏，右足右側踏

第五段 Step, Slide, Step, Touch (Left & Right)
踏, 滑, 踏, 點(左 & 右)

1-4 Step Left Foot To Left Side , Slide Right Foot Beside Left Foot , Step Left Foot To Left Side , Touch Right Toe Beside Left Foot

左足左側踏，右足滑向左足旁踏。左足左側踏，右足滑向左足旁點

5-8 Step Right Foot To Right Side , Slide Left Foot Beside Right Foot , Step Right Foot To Right Side , Touch Left Toe Beside Right Foot

右足右側踏，左足滑向右足旁踏。右足右側踏，左足滑向右足旁點
