

La Maria (可憐瑪麗亞) (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Jocelyne Pim (CAN) - 2010年03月
音乐: Pobre la María - Luis Enrique Mejia Godoy



前奏: Start dancing on lyrics 唱歌起跳

第一段 Rock, Recover, Chasse, Rock, Recover, Chasse 交叉下沉 回復, 右追步, 交叉下沉 回復, 左追步

1-2-3&4 Cross/rock right over left, recover to left, step right to side, step left together, step right to side
右足於左足前交叉下沉, 左足回復, 右足右踏, 左足併踏, 右足右踏

5-6-7&8 Cross/rock left over right, recover to right, step left to side, step right together, step left to side
左足於右足前交叉下沉, 右足回復, 左足左踏, 右足併踏, 左足左踏

第二段 Pivot ½, Pivot ½, Rock, Recover, Chasse 踏 轉, 踏 轉, 下沉, 回復, 右追步

1-4 Step right forward, turn ½ left (weight to left), step right forward, turn ½ left (weight to left)
右足前踏, 左轉180度(重心在左足), 右足前踏, 左轉180度(重心在左足)

5-6-7&8 Cross/rock right over left, recover to left, step right to side, step left together, step right to side
右足於左足前交叉下沉, 左足回復, 右足右踏, 左足併踏, 右足右踏

第三段 Vine 8 八步華倫步

1-4 Step left to side, cross right behind left, step left to side, cross right over left
左足左踏, 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5-8 Step left to side, cross right behind left, step left to side, cross right over left
左足左踏, 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

第四段 Side Box, Step Together Cross, Hold 側方塊帶候

1-4 Step left to side, step right together, step left forward, hold
左足左踏, 右足併踏, 左足前踏, 候

5-8 Step right to side, step left together, step right back, hold
右足右踏, 左足併踏, 右足後踏, 候

第五段 Back Together, Forward Cross, Hold, Vine 8 (First 4 Of) 海岸交叉, 候, 華倫步

1-4 Step left back, step right together, cross left over right, hold
左足後踏, 右足併踏, 左足於右足前交叉踏, 候

5-8 Step right to side, cross left behind right, step right to side, cross left over right
右足右踏, 左足於左足後交叉踏, 右足右踏, 左足於右足前交叉踏

第六段 Vine 8, (Last 4 Of) Step Pivot ¼ Left, Sway Right, Sway Left 華倫步, 踏 轉1/4, 右擺臀, 左擺臀

1-4 Step right to side, cross left behind left, step right to side, cross left over right
右足右踏, 左足於左足後交叉踏, 右足右踏, 左足於左足後交叉踏

5-8 Step right forward, turn ¼ left (weight to left), sway right, sway left
右足前踏, 左轉90度重心在左足, 右擺臀, 左擺臀