

Louisiana Swing (回鄉的路) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
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音乐: Home to Louisiana - Ann Tayler : (CD: Home To Louisiana)



前奏 : 24 Count intro – Start on Vocals

- 第一段** **Walk Forward Right/Left. Right Mambo Forward. Hitch - Step Back (Left & Right). Left Coaster Cross.**
前走-右, 左, 前曼波 抬, 後踏(左, 右), 海岸交叉
- 1-2 Walk forward on Right. Walk forward on Left.
右足前走, 左足前走
- 3&4 Rock forward on Right. Rock back on Left. Step back on Right.
右足前下沉, 左足回復, 右足後踏
- 8&5 Hitch Left knee up. Step back on Left. 左膝抬, 左足後踏
- 8&6 Hitch Right knee up. Step back on Right. 右膝抬, 右足後踏
- 7&8 Step back on Left. Step Right beside Left. Cross step Left over Right. 左足後踏, 右足併踏, 左足於右足前交叉踏
- 第二段** **Sway Right/Left. Chasse 1/4 Turn Right. Step. Pivot 3/4 Turn Right. Sway Left/Right. 推臀-右, 左, 追步轉1/4, 踏轉3/4, 推臀-左, 右**
- 1-2 Step Right to Right side swaying hips Right. Sway hips Left.
右足右踏右推臀, 左推臀
- 3&4 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.
右足右踏, 左足併踏, 右轉90度右足前踏
- 5-6 Step forward on Left. Pivot 3/4 turn Right. (Weight on Right)
左足前踏, 右軸轉270度(重心在右足)
- 7-8 Step Left to Left side swaying hips Left. Sway hips Right. (Facing 12 o'clock) 左足左踏左推臀, 右推臀(面向12點鐘)
- 第三段** **Chasse 1/4 Turn Left. Forward Rock. Right Sailor – Left Sailor (Travelling Back). 追步轉1/4, 前下沉回復, 後水手, 後水手步**
- 1&2 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left. 左足左踏, 右足併踏, 左轉90度左足前踏
- 3-4 Rock forward on Right. Rock back on Left.
右足前下沉, 左足回復
- 5&6 Cross Right behind Left. Step Left beside Right. Step back on Right. 右足於左足後交叉踏, 左足併踏, 右足後踏
- 7&8 Cross Left behind Right. Step Right beside Left. Step back on Left. (Facing 9 o'clock)
左足於右足後交叉踏, 右足併踏, 左足後踏(面向9點鐘)
- Note: Counts 5 – 8 above ... Should Travel Back. 5-8拍向後移
- 第四段** **Cross. Unwind 1/2 Turn Right. Left Side Rock. Syncopated Weave Right & Step Forward. 交叉, 繞1/2, 左下沉, 變奏藤步 前踏**
- 1-2 Cross Right behind Left. Unwind 1/2 turn Right. (Weight on Right) 右足於左足後交叉踏, 右繞轉180度(重心在右足)
- 3-4 Rock Left to Left side. Recover weight on Right.
左足左下沉, 右足回復

- 5&6 Cross Left behind Right. Step Right slightly Right. Cross step Left over Right.左足於右足後交叉踏, 右足略右踏, 左足於右足前交叉踏
- &7 Step Right slightly Right. Cross Left behind Right. 右足略右踏, 左足於右足後交叉踏
- &8 Step Right slightly Right. Step forward on Left. (Facing 3 o'clock) 右足略右踏, 左足前踏(面向3點鐘)
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