

La Vie En Rose (幸福人生) (zh)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Celia Chang - 2009年09月
音乐: La vie en rose - Alex Swings Oscar Sings!



前奏 : Intro: 32 Counts 32拍後起跳

第一段 1/2 Rumba Box X2 With Holds 半邊倫巴方塊帶候共二次

- 1-4 Step Left to Left side, step Right next to Left, step Left forward, Hold
左足左踏, 右足併踏, 左足前踏, 候
- 5-8 Step Right to Right side, step Left next to Right, step Right forward; Hold (12:00) 右足右踏, 左足併踏, 右足前踏, 候(面向12點鐘)

第二段 Rock Forward, Recover, 1/2 Turn Shuffle, Step, 1/2 Turn, 1/2 Turn Together 下沉 回復, 轉交換, 踏, 轉, 轉, 併

- 1-2 Rock forward Left, recover Right 左足前下沉, 右足回復
- 3&4 Triple step 1/2 Left, stepping Left, Right, Left (6:00)
小三步左轉180度-左, 右, 左(面向6點鐘)
- 5-6 Step forward on Right, 1/2 turn Right stepping back Left
右足前踏, 右轉180度左足後踏
- 7-8 1/2 Turn Right stepping Right forward, step Left beside Right (6:00)
右轉180度右足前踏, 左足併踏(面向6點鐘)

RESTARTS: Dance up to 16 counts on Wall 2 and Wall 6 restart the dance

第二面牆跳至此都從頭起跳, 第六面牆需加拍後從頭起跳

TAG: This tag is executed AFTER 16 counts of Wall 6 then restart the dance from step 1 第六面牆跳完16拍後, 加4拍, 從頭起跳

- 1-4 Sway L, R, L, R 擺臀-左, 右, 左, 右

第三段 Walk, Walk, Press Recover, Right Sweep Back, Left Sweep Back, 1/2 Turn Right Forward, Left Forward 走, 走, 壓 回, 右繞後, 左繞後, 1/2 踏

- 1-2 Walk diagonal forward R, L (7:30)
右足斜角前走, 左足斜角前走(面向7:30)
- 3-4 Press right knee forward, recover onto left (7:30)
右膝前壓踏, 左足回復(面向7:30)
- 5-6 Sweep Right out from front to back, step Right behind Left, sweep Left out from front to back, step Left behind Right (7:30)
右足由前繞至後, 右足於左足後踏, 左足由前繞至後, 左足於右足後踏(7:30)
- 7-8 1/2 Turn Right by stepping Right forward, step forward on Left (1:30)
右轉180度右足前踏, 左足前踏(面向1:30)

第四段 Rock Forward, Recover, 1/8 Turn Right Side shuffle, Cross Unwind Full Turn, Sailor Cross 下沉 回復, 1/8右追步, 交叉繞轉圈, 水手交叉

- 1-2 Rock forward on Right, recover on Left (1:30)
右足前下沉, 左足回復(面向1:30)
- 3&4 1/8 Turn Right, step Right to Right side, step Left next to Right, step Right to Right side (3:00)
右轉45度右足右踏, 左足併踏, 右足右踏(面向3點鐘)
- 5-6 Cross left over right, unwind full turn Right (weight on left)
左足於右足前交叉踏, 右繞轉圈重心在左足
- 7&8 Sweep Right back behind Left, step Left to Left side, step Right across Left (3:00) 右足繞至左足後, 左足左踏, 右足於左足前交叉踏(3點鐘)