

Legend In My Heart (心中傳奇) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver
编舞者: DJ Dan (NL) & Wynette Miller (NL) - 2005年10月
音乐: Before The Next Teardrop Falls (feat. David Hidalgo) - Dolly Parton : (CD: Treasures)



前奏 : Intro 16 counts 16拍後起跳

第一段 Cross Rock, Chasse; Cross Rock, Chasse 交叉下沉, 追步, 交叉下沉, 追步

- 1-2 Cross Rock Right Over Left. Recover Weight Onto Left.
右足於左足前交叉下沉, 左足回復
- 3&4 Step Right To Right Side. Step Left Next To Right. Step Right To Right Side. 右足右踏, 左足併踏, 右足右踏
- 5-6 Cross Rock Left Over Right. Recover Weight Onto Right.
左足於右足前交叉下沉, 右足回復
- 7&8 Step Left To Left Side. Step Right Next To Left. Step Left To Left Side. 左足左踏, 右足併踏, 左足左踏

第二段 Cross, Unwind 3/4 Turn Left, Shuffle Fwd; Step, 1/2 Pivot, Shuffle Fwd 交叉, 左繞轉3/4, 前交換, 踏, 轉1/2, 前交換

- 1-2 Cross Right Over Left. Unwind 3/4 Turn Left. [3]
右足於左足前交叉踏, 左繞轉270度(面向3點鐘)
- 3&4 Shuffle Forward Stepping Right, Left, Right.
前交換步-右, 左, 右
- 5-6 Step Left Forward. Pivot 1/2 Turn Right. [9]
左足前踏, 右轉180度(面向9點鐘)
- 7&8 Shuffle Forward Stepping Left, Right, Left
前交換步-左, 右, 左

第三段 Rock Step, Coaster Step; Rock Step, Shuffle 1/2 Turn Left 下沉踏, 海岸步, 下沉踏, 左1/2轉交換

- 1-2 Rock Right Forward. Recover Weight Onto Left.
右足前下沉, 左足回復
- 3&4 Step Right Back. Step Left Next To Right. Step Right Forward.
右足後踏, 左足併踏, 右足前踏
- 5-6 Rock Left Forward. Recover Weight Onto Right.
左足前下沉, 右足回復
- 7&8 Shuffle 1/2 Turn Left Stepping Left, Right, Left. [3]
左轉180度交換步-左, 右, 左(面向3點鐘)

第四段 Step, 3/4 Pivot, Chasse; Cross Rock Behind, Chasse 踏, 轉3/4, 追步, 後交叉下沉, 追步

- 1-2 Step Right Forward. Pivot 3/4 Turn Left. [6]
右足前踏, 左轉270度(面向6點鐘)
- 3&4 Step Right To Right Side. Step Left Next To Right. Step Right To Right Side. 右足右踏, 左足併踏, 右足右踏
- 5-6 Cross Rock Left Behind Right. Recover Weight Onto Right.
左足於右足後交叉下沉, 右足回復

7&8

Step Left To Left Side. Step Right Next To Left. Step Left To Left Side. 左足左踏, 右足併踏, 左足左踏
