

Walk of Life (漫漫人生) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rachael McEnaney (USA) - 2008年02月
音乐: Shooter Jennings - Walk Of Life



前奏 : Count In: 64 counts intro from start of track -

第一段 2 Heel Taps Forward, 2 Toe Taps Back, Step Forward, Together, Heel Fan 右足踵前點二次, 趾後點二次, 踏併, 踵扇轉

- 1 - 4 Touch right heel forward twice (1,2), touch right toe back twice (3,4) 12.00 右足踵前點二次, 右足趾後點二次
- 5 - 6 Step forward on right (5), step left next to right (6), 12.00
右足前踏, 左足併踏(面向12點鐘)
- 7 - 8 Fan both heels out to sides (right to right, left to left) (7), return heels to centre (8) 12.00
雙足踵向外扇轉(右足向右, 左足向左), 雙足踵轉回(面向12點鐘)

第二段 Grapevine Right, Grapevine Left With 1/4 Turn Left 右藤步, 左藤步帶左1/4

- 1 - 2 Step right to right side (1), cross left behind right (2), 12.00
右足右踏, 左足於右足後交叉踏(面向12點鐘)
- 3 - 4 Step right to right side (3), touch left next to right (4) 12.00
右足右踏, 左足併點(面向12點鐘)
- 5 - 6 Step left to left side (5), cross right behind left (6) 12.00
左足左踏, 右足於左足後交叉踏(面向12點鐘)
- 7 - 8 Make 1/4 turn left stepping forward on left (7), brush right foot next to left (8) 9.00 左轉90度左足前踏, 右足併刷踏(面向9點鐘)

第三段 Right Toe Strutt, Left Toe Strutt, Rock Forward, Rock Back 右趾踵, 左趾踵, 下沉 回復

- 1 - 2 Touch right toe forward (1), step right heel down (2) 9.00
右足趾前點, 右足踵踏(面向9點鐘)
- 3 - 4 Touch left toe forward (4), step left heel down (4) 9.00
左足趾前點, 左足踵踏(面向9點鐘)
- 5 - 6 Rock forward on right (5), recover weight onto left (6) 9.00
右足前下沉, 左足回復(面向9點鐘)
- 7 - 8 Rock back on right (7), recover weight onto left (8) 9.00
右足後下沉, 左足回復(面向9點鐘)

第四段 Jazz Box With 1/4 Turn Right X2 爵士方塊帶右1/4共二次

- 1 - 2 Cross right over left (1), step back on left (2) 9.00
右足於左足前交叉踏, 左足後踏(面向9點鐘)
- 3 - 4 Make 1/4 turn right stepping forward on right (3), step left next to right (4) 12.00 右轉90度右足前踏, 左足併踏(面向12點鐘)
- 5 - 6 Cross right over left (5), step back on left (6) 12.00
右足於左足前交叉踏, 左足後踏(面向12點鐘)
- 7 - 8 Make 1/4 turn right stepping forward on right (7), step left next to right (8) 3.00 右轉90度右足前踏, 左足併踏(面向3點鐘)