

Under A Spell (心中魔咒) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) - 2009年05月
音乐: Under a Spell - Do



前奏 : Start after a 56 count intro, On vocals

- 第一段 Side Touch L, Drag In, Cross Shuffle, Side Step R, Turn ¼ L X2, Step Together 左點, 拖併, 交叉交換, 右踏, 左轉1/4二次, 踏併**
- 1-2 Touch L toe out to L side with straight leg & bending R knee, Drag in L straightening R leg 左足伸直彎右膝左足趾左點, 左足拖併至右足
- 3&4 Cross step L over R, Step R to R side, Cross step L over R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- 5-6 Step R to R side, Turn ¼ L stepping L to L side
右足右踏, 左轉90度左足左踏(面向9點鐘)
- 7-8 Turn ¼ L stepping R to R side, Step L next to R
左轉90度右足右踏, 左足併踏(面向6點鐘)
- 第二段 R Cross Rock, Recover, Step, Hold, L Cross Rock, Recover, Step, Hold 右交叉下沉, 回復, 踏, 候, 左交叉下沉, 回復, 踏, 候**
- 1-4 Facing back L diagonal, Rock forward on R, Rock back on to L, Step forward on R, Hold 面向左斜角右足前下沉, 左足回復, 右足前踏, 候
- 5-8 Facing back R diagonal, Rock forward on L, Rock back on to R, Step forward on L, Hold 面向右斜角左足前下沉, 右足回復, 左足前踏, 候
- 第三段 ½ Rumba Box X2, Forward Step, Pivot ¼ Turn L 轉1/2倫巴方塊二次, 前踏, 左轉1/4**
- 1-3 Square up to 6:00 wall stepping R to R side, Step L next to R, Step forward on R 右足右踏, 左足併踏, 右足前踏(面向6點鐘)
- 4-6 Step L out to L side, Step R next to L, Step forward on L
左足左踏, 右足併踏, 左足前踏
- 7-8 Step forward on R, Pivot ¼ turn L, (3:00)
右足前踏, 左軸轉90度(面向3點鐘)
- 第四段 Slow Cross Shuffle, Forward Sweep, Weave R, Sweep Back 慢速交叉交換, 前繞, 右藤步, 後繞**
- 1-3 Cross step R over L, Step L to L side, Cross step R over L
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 4 Sweep L foot round to the L from back to front 左足由後繞至前
- 5&6 Cross step L over R, Step R to R side, Cross step L behind R
左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏
- 7-8 Sweep R foot round over 2 counts from front to back
右足以2拍由前繞至後
- 第五段 Flick Behind, Diagonal Kick, Step Back, Drag In, Scissor Step, Step Together 後抬, 斜角踢, 後踏, 拖併, 剪刀步, 踏併**
- 1-2 Flick R foot up behind L leg, Kick R forward to R diagonal
右足於左足後抬, 右足於斜角前踢

- 3-4 Take a long step back on R, Drag L in towards R, (Weight on R)
右後一大步, 左足拖併(重心在右足)
- 5-8 Step L to L side, Step R next to L, Cross step L over R, Step R next to L 左足左踏, 右足併踏, 左足於右足前交叉踏, 右足併踏

第六段 Swivel Heel, Toes With ¼ Turn R, Step, Pivot ½ Turn R, Shuffle, Full Turn 踵旋轉, 趾旋轉1/4, 踏, 轉1/2, 交換步, 轉圈

- 1-2 With feet together swivel heels R, Swivel toes R making ¼ turn R 雙腳與肩同寬右足踵旋轉, 右足趾右轉90度(面向6點鐘)
- 3-4 Step forward on L, Pivot ½ turn R
左足前踏, 右軸轉180度(面向12點鐘)
- 5&6 Step forward on L, Step R next to L, Step forward on L
左足前踏, 右足併踏, 左足前踏
- 7-8 Turn ½ L stepping back on R, Turn ½ L stepping forward on L, (12:00) 左轉180度右足後踏, 左轉180度左足前踏(面向12點鐘)

第七段 Step Forward, Touch, Step Back, Touch, Back Lock Step, Touch Back, Pivot ¼ Turn L 前踏, 點, 後踏, 點, 後鎖步, 後點, 左1/4

- 1-2 Step forward on R, Touch L toe next to R 右足前踏, 左足趾併點
- 3-4 Step back on L, Touch R toe next to L 左足後踏, 右足趾併點
- 5&6 Step back on R, Lock step L over R, Step back on R
右足後踏, 左足於右足前鎖步, 右足後踏
- 7-8 Touch L toe back behind, Pivot ¼ turn L, (9:00)
左足趾後點, 左軸轉90度(面向9點鐘)

第八段 Cross Step, Toe Touches X3, Cross Step, Toe Touches X3, Together 交叉踏, 趾點三次, 交叉踏, 趾點三次, 併

- 1-2 Cross step R over L, Touch L toe out to L side
右足於左足前交叉踏, 左足趾左點
- 3-4 Touch L toe forward, Touch L toe to L side
左足趾前點, 左足趾左點
- 5-6 Cross step L over R, Touch R toe out to R side
左足於右足前交叉踏, 右足趾右點
- 7-8& Touch R toe forward, Touch R toe out to R side, Step R next to L 右足趾前點, 右足趾右點, 右足併踏
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