

Water and a Flame (水火不容) (zh)

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Dee Musk (UK) - 2009年08月
音乐: Water and a Flame (feat. Adele) - Daniel Merriweather : (CD: Love & War)



前奏: 16 Count Intro. Approx 13 seconds. Start just before the main vocals. 16拍後起跳

第一段 **Side Back Rock, Side Touch Side, R Sailor ¼ Turn L, L Sailor ½ Turn L With A Cross.**
側後下沉, 側點側, 右1/4轉水手, 左1/2轉水手帶交叉

1,2& Step L to L side, cross rock R behind L, recover weight to L.
左足左踏, 右足於左足後交叉下沉, 左足回復

3&4 Step R to R side, drag L in and touch beside R, step L to L side.
右足右踏, 左足拖併點, 左足左踏

5&6 Making a sailor ¼ turn L cross step R behind L, step L to L side, step R to R side.
右轉90度右足於左足後交叉踏, 左足左踏, 右足右踏(面向9點鐘)

7&8 Making a sailor ½ turn L cross step L behind R, step R to R side, cross step L over R. (3 o'clock)
左轉180度左足於右足後交叉踏, 右足右踏, 左足左踏(面向3點鐘)

****TAG & RESTART: DURING wall 6** (which starts facing 9 o'clock), dance up to and including count 6. Replace counts 7&8 with:

加拍及從頭起跳

面向9點鐘開始起跳的第六面牆, 跳到第6拍, 以下列動作取代原來的7&8後從頭起跳

Modified L Sailor ½ Turn L With Cross Rock Recover
變奏左轉1/2水手步帶交叉下沉回復

7&8& Making a sailor ½ turn L cross step L behind R, step R to R side, cross rock L over R, recover weight to R.
左轉180度左足於右足後交叉踏, 右足右踏, 左足於右足前交叉下沉, 右足回復

Then restart the dance from count 1 facing 12 o'clock.

面向12點鐘從頭起跳

第二段 **¼ Turn R, Step ¾ Turn R, Behind Side, Cross Rock Side Rock, Cross Back Side Cross.**
右1/4, 踏轉3/4, 後側, 交叉下沉 側下沉, 交叉後側交叉

1 Make a ¼ turn R stepping forward on R.
右轉90度右足前踏

2&3 Step forward on L, make a ¾ turn R, step L to L side.
左足前踏, 右轉270度, 左足左踏

4& Cross step R behind L, step L to L side.
右足於左足後交叉踏, 左足左踏

5&6& Cross rock R over L, recover weight to L, rock R out to R side, recover weight to L. 右足於左足前交叉踏, 左足回復, 右足右下沉, 左足回復

7&8& Cross R over L, step back on L, step R to R side, cross step L over R. (3 o'clock).
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足於右足前交叉踏(面向3點鐘)

第三段 **Side, L Sailor ¼ Turn L, Walk, Step ¾ Turn R Side Close, Side Touch Side.** 側, 左1/4轉水手, 走, 踏右轉3/4 側併, 側點側

1 Step R to R side. 右足右踏

2&3 Making a sailor ¼ turn L cross step L behind R, step R to R side, step slightly forward on L.
左90度轉水手, 左足於右足後交叉踏, 右足右踏, 左足略前踏

4 Walk forward on R. 右足前踏

5&6& Step forward on L, make a ¾ turn R, step L to L side, close R beside L. 左足前踏, 右轉270度, 左足左踏, 右足併踏

7&8 Step L to L side, drag R in and touch beside L, step R to R side. (9 o'clock). 左足左踏, 右拖併點, 右足右踏(面向9點鐘)

第四段 **Cross, ¼ Turn L, Side, Step, Run, Run, Rock Recover, Run Run, Touch ½ Turn L.**交叉, 左1/4, 側, 踏, 跑, 跑, 下沉回復, 跑跑, 點 左轉1/2

1,2&3 Cross step L over R, make a ¼ turn L stepping back on R, step L to L side, step forward on R. 左足於右足前交叉踏, 左轉90度右足後踏, 左足左踏, 右足前踏

4& Run forward L, run forward R. 左足前跑步, 右足前跑步

5,6 Rock forward on L, recover weight to R. 左足前下沉, 右足回復

&7 Run back L, run back R. 左足後跑步, 右足後跑步

&8 Touch left toe back, unwind a ½ turn L (weight forward on L). (12 o'clock). 左足趾後點, 左繞轉180度(重心在左足)(面向12點鐘)

第五段 **Step, Step ¾ Turn R, Side, Behind ¼ Turn L, Step ¾ Turn, Side, Back Rock.**踏, 踏轉3/4, 側, 後左轉1/4, 踏 轉3/4, 側, 後下沉

1,2&3 Step forward on R, step forward on L and make a ¾ turn R, step L to L side. 右足前踏, 左足前踏, 右轉270度, 左足左踏

4& Cross step R behind L, make a ¼ turn L stepping forward on L. 右足於左足後交叉踏, 左轉90度左足前踏

5,6 Step forward on R, make a ¾ turn L (weight on L). 右足前踏, 左轉270度(重心在左足)

7,8& Step R to R side, cross rock L behind R, recover weight to R. (9 o'clock). 右足右踏, 左足於右足後交叉下沉, 右足回復(面向9點鐘)
