

Watermelon Crawl (西瓜結滿園) (zh)

COPPER KNOB
STEPPERS

拍数: 40 墙数: 4 级数: Improver
编舞者: Sue Lipscomb (USA)
音乐: Watermelon Crawl - Tracy Byrd



第一段 Sugarfoot Triples 糖脚步 小三步

- 1-2 Point Right Toe To Left Instep. Point Right Heel To Left Instep
右糖脚步(右足趾在左脚背点, 右足踵在左脚背点)
- 3&4 Triple Step On The Spot - Right, Left, Right. (= 2 Beats)
小三步(右、左、右)
- 5-6 Point Left Toe To Right Instep. Point Left Heel To Right Instep
左糖脚步(左足趾在右脚背点, 左足踵在右脚背点)
- 7&8 Triple Step On The Spot - Left, Right, Left. (= 2 Beats)
小三步(左、右、左)

第二段 Charleston Kicks 查尔斯顿踢

- 1-2 Step Forward On Right Foot. Kick Left Foot Forward. (& Clap)
右足前踏, 左足前踢
- 3-4 Step Back On Left Foot. Touch Right Toe Back (& Clap)
右足后踏, 左足后点
- 5-6 Step Forward On Right Foot. Kick Left Foot Forward. (& Clap)
右足前踏, 左足前踢
- 7-8 Step Back On Left Foot. Touch Right Toe Back (& Clap)
右足后踏, 左足后点

第三段 Right Grapevine, Left Grapevine With 1/4 Turn Left. 右藤步, 左藤步左转1/4

- 1-3 Right Foot Steps To Right Side. Cross Left Foot Behind Right. Right Foot Steps To Right Side. 右
足右踏, 左足於右後交叉踏, 右足右踏
- 4 Kick Left Forward Diagonally 左足斜角線前踢
- 5-7 Left Foot Steps To Left Side. Cross Right Foot Behind Left. Left Foot Steps To Left Side Making
1/4 Turn Left
左足左踏, 右足於左足後交叉踏, 左轉90度左足左踏
- 8 Touch Right Foot Besides Left. (& Clap) 右足併點(拍手)

第四段 Slides 滑步

- 1-2 Right Foot Takes Long Step Forward Bending Knees
右足右前斜踏一大步(膝蓋彎曲)
- 3-4 Slide The Left Foot Up Next To Right. Stand Straight (& Clap)
左足滑至右足旁, 拍手
- 5-6 Left Foot Takes A Long Step Backwards Bending Knees
左足左後斜踏一大步(膝蓋彎曲)
- 7-8 Slide The Right Foot Back To Left. Stand Straight (& Clap)
右足滑至左足旁, 拍手

第五段 Heel Raises, Pivot Turns. 足踵提起, 踏轉

- 1 Raise Left Heel & Bump Right Hip To Right Side.
左足腳踵提起 & 臀部誇張向右推動
 - 2 Raise Right Heel & Bump Left Hip To Left Side.
右足腳踵提起 & 臀部誇張向左推動
 - 3 Raise Left Heel & Bump Right Hip To Right Side.
左足腳踵提起 & 臀部誇張向右推動
 - 4 Raise Right Heel & Bump Left Hip To Left Side.
右足腳踵提起 & 臀部誇張向左推動
 - 5-6 Step Forward On Right. Pivot 1/2 Turn To Left.
右足前踏，左後轉180度
 - 7-8 Step Forward On Right. Pivot 1/2 Turn To Left. (weight On Left)
右足前踏，左後轉180度(重心在左足)
-