

We Are The Same (心心相印) (zh)

COPPERKNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: We Are the Same - Kenny Rogers



- 第一段 Forward Step With Sweep, Cross, Back, Back, Lock, Back, Rock Back, Recover, Turning Vine 前踏帶旋繞, 交叉, 後, 後, 鎖, 後, 後下沉, 回復, 旋轉華倫**
- 1-3 Step R Foot Forward, At Same Time, Sweep L Toe Out To L Side And Forward (1), Step L Foot Across Front Of R (2), Step Back With R Foot (3).
右足前踏左足趾繞至前, 左足於右足前交叉踏, 右足後踏
- 4&5 Step Back With L Foot (4), Lock Step R Foot In Front Of L (&), Step Back With L Foot (5). 左足後踏, 右足於左足前鎖步, 左足後踏
- 6-7 Rock Back With R Foot (6), Recover Weight Forward To L Foot (7).
右足後下沉, 左足前回復
- 8&1 Turn ¼ L, Step Forward With R Foot (8), Turn ½ R, Step Back With L Foot (&), Step Back With R Foot (1).
左轉90度右足前踏, 右轉180度左足後踏, 右足後踏
- 第二段 Rock Back, Recover, Forward, Lock, Forward, Syncopated Rock, Step 後下沉, 回復, 前, 鎖, 前, 變奏下沉, 踏**
- 2-3 Rock Back With L Foot (2), Recover Weight Forward To R Foot (3).
左足後下沉, 右足前回復
- 4&5 Step Forward With L Foot (4), Lock Step R Foot Behind L (&), Step Forward With L Foot (5). 左足前踏, 右足於左足後鎖步, 左足前踏
- 6& Small Rock Forward With R Foot (6), Recover Weight Back To L Foot (&).
右足前下沉, 左足後回復
- 7& Small Rock Back With R Foot (7), Recover Weight Forward To L Foot (&).
右足後下沉, 左足前回復
- 8 Step Forward With R Foot (8). 右足前踏
- 第三段 ½ Turn L With Ronde, Behind, Side, Syncopated Cross Rock, Point, Point, Sailor Shuffle 左轉1/2帶旋繞, 後, 側, 變奏交叉下沉, 點, 點, 水手 交換**
- 1 Turn ½ L, Keeping Weight On R Foot, Sweep L Toe Out To L Side And Back (1). 左轉180度重心在右足, 左足趾繞至後
- 2-3 Step L Foot Crossed Behind R (2), Step R Foot To R Side (3).
左足於右足後交叉踏, 右足右踏
- 4&5 Rock L Foot Across Front Of R (4), Recover Weight Back To R Foot (&), Step L Foot To L Side (5).
左足於右足前交叉下沉, 右足後回復, 左足左踏
- 6-7 Point R Toe Across Front Of L (6), Point R Toe To R Side (7).
右足趾於左足前交叉點, 右足趾右點
- 8&1 Step R Foot Crossed Behind L (8), Step L Foot To L Side (&), Step R Foot To R Side, Slight Forward (1).
右足於左足後交叉踏, 左足左踏, 右足略右前踏
- 第四段 Forward Rock, Recover, ½ Turn L, Forward Rock, Recover, ½ Turn R 前下沉, 回復, 左轉1/2, 前下沉, 回復, 右轉1/2**

- 2-3 2-3 Rock Forward With L Foot (2), Recover Weight Back To R Foot (3).
左足前下沉, 右足後回復
- 4&5 4&5 Turn $\frac{1}{4}$ L, Step L Foot To L Side (4), Step Together With R (&), Turn $\frac{1}{4}$ L, Step Forward With L (5).
左轉90度左足左踏, 右足併踏, 左轉90度左足前踏
- 6-7 6-7 Rock Forward With R Foot (6), Recover Weight Back To L Foot (7).
右足前下沉, 左足後回復
- 8&1 Turn $\frac{1}{4}$ R, Step R Foot To R Side (8), Step Together With L (&), Turn $\frac{1}{4}$ R, Step Forward With R, At Same Time Sweep L Toe Out To L Side And Forward (1) (This Is Actually The First Count Of The Dance To Start Again).右轉90度右足右踏, 左足併踏, 右轉90度右足前踏左足趾繞至前
- Option
選擇版 On Counts 8&1, Add An Extra Turn By Doing This: Turn $\frac{1}{2}$ R, Step Forward With R Foot (8), Turn $\frac{1}{2}$ R, Step Back With L Foot (&), Turn $\frac{1}{2}$ R, Step Forward With R, At Same Time Sweep L Toe Out To L Side And Forward (1).
選擇版:右轉90度右足前踏, 右轉180度左足後踏, 右轉180度右足前踏左足趾繞至前
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