

# Ave Maria (聖母頌) (zh)

COPPER KNOB  
STYLEDANCE™

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Ave Maria - Beyoncé



前奏 : Intro: Start on Vocals, 16 Counts

**第一段**      **Walk. Walk. Together. Rock. Recover. Back. Back. ¼ Cross. ¼ Back. ¼ Rock Recover.**走走併下沉回復  
後後 1/4交叉 1/4後 1/4下沉回復

1-2&      Walk forward right. Walk forward left. Step right beside left.  
右足前走, 左足前走, 右足併踏

3-4      Rock forward left. Recover on right. 左足前下沉, 右足回復

5&6      Step back left. Step back right. Cross left over right making ¼ left. 左足後踏, 右足後踏, 左足於右足前交叉  
踏左轉90度

8&7-8      Make ¼ left stepping back right. Make ¼ left rocking left to left side. Recover on right. 左轉90度右足後踏,  
左轉90度左足左踏, 右足回復

**第二段**      **Step. X2 Slow Full Turns Right (Slow Pirouette). Sway. Recover. Step. ¼ Lunge. Drag**  
**踏, 二次慢右轉圈(慢的芭蕾舞轉圈), 擺臀, 回復, 踏, 1/4曲膝, 拖併**

8&1-2      Step left beside right. Step right ¼ right. On ball of right make ¾ right stepping left beside right.  
左足併踏, 右轉90度右足踏, 右轉270度左足併踏  
(Bring left leg into figure 4 if possible)  
左腿弓起以數字4的形狀轉圈

3-4      Step right ¼ right. On ball of right make ¾ right stepping left beside right. 右轉90度右足踏, 右轉270度左  
足併踏  
(Bring left leg into figure 4 if possible)  
左腿弓起以數字4的形狀轉圈

5-6      step right to right & sway to right. Recover on left.  
右足右踏右推臀, 左足回復

8&7-8      Step right beside left. Make ¼ left as you lunge onto left. Drag right up in line with left to resume standing  
position (weight remains on left) 右足併踏, 左轉90度左曲膝踏, 右足拖併(重心仍在左足)

**第三段**      **Step/Kick. Run. Run. Step/Kick. Run. Run. Rock. Recover. Syncopated Full Turn Right.** 踏踢, 跑, 跑, 踏踢,  
跑, 跑, 下沉回復, 右轉圈

1-2&      Step right down as you low kick left. Take a small step forward left. Step right beside left. 右足踏左足略踢,  
左足略前踏, 右足併踏

3-4&      Step down on left as you low kick right. Take a small step forward right. Step left beside right. 左足踏右足  
略踢, 右足略前踏, 左足併踏

(these steps are smooth & elegant- try turning your upper body towards the raised leg- keep supporting leg bent)  
這些舞步要試著重心腳要略彎曲, 很順暢的很優雅地轉動身體面向舉起腿的方向

5-6      Rock forward right. Recover on left. 右足前下沉, 左足回復

8&7&8      Make a full turn right stepping R-L-R ending with left stepped to left side on count 8 右轉圈-右, 左, 右, 左足  
左踏

**第四段**      **Step/Sweep. Behind. Side. ¼. Behind. Side. Cross/Sweep. Cross. Side. Behind.**  
**¼. ¾ 踏/繞, 後, 側, 1/4, 後, 側, 交叉/繞, 交叉, 側, 後, 1/4, ¾**

1-2&      Step right slightly behind left and sweep left from front to back. Step left behind right. Step right to right.  
右足於左足略後踏左足由前繞至後, 左足於右足後踏, 右足右踏

3-4&      Make ¼ right stepping left to left side. Cross step right behind left. Step left to left. 右轉90度左足左踏, 右足  
於左足後交叉踏, 左足左踏

5-6&      Cross right over left as you sweep left from back to front. Cross step left over right. Step right to right.  
右足於左足前交叉踏左足由後繞至前, 左足於右足前交叉踏, 右足右踏

7-8& Cross step left behind right. Make  $\frac{1}{4}$  right stepping right forward. On ball of right make  $\frac{3}{4}$  turn right – weight must end on left.

左足於右足後交叉踏, 右轉90度右足前踏, 右轉270度結束重心在左足

**the above section is to be used for the 2 tags following 2nd & 4th walls**

**在第二面牆(面向後面牆)及第四面牆(面向前面牆)結束時, 重覆跳一次第三段後從頭起跳**

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