

All Summer Long (整個夏天) (zh)

COPPER KNOB
STYLEDANCE

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Paula Baker (USA) - 2008年08月
音乐: All Summer Long - Kid Rock



前奏: Start Dance after 32 ct. intro 32拍起跳

第一段 Walk, Walk, Tap & Heel, Rock Step, 1/2 Shuffle Turn 走, 走, 點踵, 下沉回復, 1/2轉交換

- 1-2 Walk forward right, left 右足前走, 左足前走
3&4 Tap right toe behind left, step back on right, left heel forward
右足趾於左足後點, 右足後踏, 左足踵前點
&5,6 Step back on left, rock forward on right, recover on left
左足後踏, 右足前下沉, 左足回復
7&8 Shuffle 1/2 turn right (right, left, right) (6:00)
右轉180度交換步-右, 左, 右(6點鐘)

第二段 Turn 1/4 Right, Cross Shuffle, Side Rock, Weave With 1/4 Turn 右轉1/4, 交叉交換, 側下沉, 轉1/4藤步

- 1-2 Step forward on left, 1/4 turn right
左足前踏, 右轉90度
3&4 Cross shuffle left, right, left
交叉交換步-左, 右, 左
5-6 Side rock right, recover on left
右足右下沉, 左足回復
7&8 Weave right behind left, step 1/4 left to left, step forward right (6:00)
右足於左足後交叉踏, 左轉90度左足踏, 右足前踏(6點鐘)

第三段 Rock Step & Rock Step, Coaster, Skate Left, Right 下沉回復 & 下沉回復, 海岸步, 左滑冰, 右滑冰

- 1-2 Rock forward on left, recover on right 左足前下沉, 右足回復
&3,4 Quickly step back on left, rock forward on right, recover on left
快速左足後踏, 右足前下沉, 左足回復
5&6 Step back on right, together with left, step forward on right (coaster)
右足後踏, 左足併踏, 右足前踏
7,8 Skate left diagonal left, skate right diagonal right (6:00)
左足左斜角線滑冰, 右足右斜角線滑冰(6點鐘)

第四段 Cross And Heel, Cross And Heel, Cross Side, Sailor Step 1/4 Turn 交叉踵點, 交叉踵點, 交叉側踏, 1/4轉水手

- 1&2 Cross left over right, step back on right, touch left heel forward on diagonal 左足於右足前交叉踏,
右足後踏, 左足踵斜角線前點
&3&4 Step back on left, cross right over left, step back on left, touch right heel fwd. 左足後踏, 左足於左
足前交叉踏, 左足後踏, 右足踵前點
&5,6 Step back on right, cross left over, step right to right
右足後踏, 左足於右足前交叉踏, 右足右踏
7&8 Cross left behind right, 1/4 turn left on right, step left to left (3:00)
左足於右足後交叉踏, 左轉90度右足踏, 左足左踏(3點鐘)

第五段 Heel, Toe Shuffle X 2 踵趾交換二次

- 1-2 Touch right heel forward, touch right toe back
右足踵前點, 右足趾後點
- 3&4 Shuffle forward right, left, right
前交換步-右, 左, 右
- 5-6 Touch left heel forward, touch left toe back
左足踵前點, 左足趾後點
- 7&8 Shuffle forward left, right, left (3:00)
前交換步-左, 右, 左(3點鐘)

第六段 Rock Step, Shuffle 1/2 Turn, Step Turn 1/2, Shuffle Fwd Or Full Turn Shuffle 下沉回復, 1/2轉交換, 踏轉1/2, 前交換或轉圈交換

- 1-2 Rock forward on right, recover on left
右足前下沉, 左足回復
- 3&4 1/2 shuffle turn right with right, left right
右轉180度交換步-右, 左, 右
- 5-6 Step forward on left, turn 1/2 to right on right
左足前踏, 右轉180度右足踏
- 7&8 Shuffle forward left, right, left (or full turn shuffle right) (3:00)
左足前交換步-左, 右, 左(或右轉圈交換步)(3點鐘)
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