

Ay Amor (喔！我的愛) (zh)

COPPER KNOB
STEPPERS

拍数: 44 墙数: 4 级数: Improver
编舞者: Ria Vos (NL) - 2009年05月
音乐: Ay Amor - Semino Rossi : (CD: Einmal Ja, Immer Ja)



前奏 : Intro: 36 counts 36拍後起跳

第一段 **Side, Drag, Ball-Walk Walk, Rock Fwd, Rec, Triple ½ Turn R**
側, 拖, 踏-走走, 前下沉, 回復, 小三步右轉1/2

1-2 Step R Big Step to Right Side, Drag L Next to R (No Weight)
右足右一大步, 左足拖併(重心在右足)

8&3-4 Step on Ball of L Next to R, Walk Fwd R, L
左足併踏, 前走步-右, 左

5-6 Rock Fwd on R, Recover on L 右足前下沉, 左足回復

7&8 Shuffle ½ Turn Right Stepping R,L,R (6:00)
右180度轉交換-右, 左, 右(面向6點鐘)

第二段 **¼ Turn R Step Side, Drag, Ball-Walk Walk, Rock Fwd, Rec., Triple Full Turn L** 右1/4側踏, 拖, 踏-走走, 前下沉
回復, 小三步左轉

1-2 Turn ¼ Right Step L Big Step to Left Side, Drag R Next to L (No Weight) (9:00) 右轉90度左足左一大步, 右足
拖併(重心在左足)(面向9點鐘)

8&3-4 Step on Ball of R Next to L, Walk Fwd L, R
右足併踏, 前走步-左, 右

5-6 Rock Fwd on L, Recover on R 左足前下沉, 右足回復

7&8 Triple Full Turn Left on the Spot Stepping L,R,L (9:00)
小三步左轉圈-左, 右, 左(面向9點鐘)

TAG & RESTART: On wall 4 AFTER Count 16 (12:00), dance the following 4 counts
加拍 & 從頭起跳: 第四面牆跳至此(面向12點鐘), 加跳下面4拍後從頭起跳

1-2 Rock Fwd on R, Recover on L 右足前下沉, 左足回復

3-4 Turn ¼ Right Step R to Right Side, Step L Together (3:00)
右90度右足右踏, 左足併踏(面向3點鐘)

第三段 **Rock Fwd, Rec., Shuffle ½ Turn R x2, ¼ Turn R Step Side, Drag**
前下沉回復, 右1/2轉交換, 右1/4側踏, 拖

1-2 Rock Fwd on R, Recover on L 右足前下沉, 左足回復

3&4 Shuffle ½ Turn Right Stepping R,L,R (3:00)
右180度轉交換-右, 左, 右(面向3點鐘)

5&6 Shuffle ½ Turn Right Stepping L,R,L (9:00)
右180度轉交換-左, 右, 左(面向9點鐘)

7-8 Turn ¼ Right Step R Big Step to Right Side, Drag L Next to R (No Weight) (12:00) 右轉90度右足右一大步,
左足拖併(重心在右足)(面向12點鐘)

第四段 **Step, Lock, Step-Lock-Step (Turning ½ Turn Left)**
踏, 鎖, 踏-鎖-踏(左1/2)

1-2 Step Fwd on L, Lock R Behind L 左足前踏, 右足於左足後鎖踏

3&4 Step Fwd on L, Lock R Behind L, Step Fwd on L (6:00*)
左足前踏, 右足於左足後鎖踏, 左足前踏(面向6點鐘)

*Note: Gradually Turn ½ Left on count 1-4
這四拍動作要慢慢做左轉180度

第五段 **Step Fwd, Hold, & Rock Fwd, Rec., Step Back, Hold, & Rock Back, Rec.** 前踏, 候, &前下沉回復, 後踏, 候, &後
下沉回復

1-2 Step Fwd on R, Hold 右足前踏, 候

- &3-4 Step on Ball of L Next to R, Rock Fwd on R, Recover on L
左足併踏, 右足前下沉, 左足回復
- 5-6 Step Back on R, Hold 右足後踏, 候
- &7-8 Step on Ball of L Next to R, Rock Back on R, Recover on L
左足併踏, 右足後下沉, 左足回復

第六段 Full Turn L, Ball-Cross ¼ Turn L, Monterey ½ Turn R, Cross Shuffle 左轉圈, 左1/4踏-交叉, 蒙特瑞轉, 交叉交換

- 1-2 Turn ½ Left Step Back on R, Turn ½ Left Step Fwd on L (6:00)
左轉180度右足後踏, 左轉180度左足前踏(面向6點鐘)
- &3-4 Turn ¼ Left Step on Ball of R Slightly to Right Side, Cross L Over R, Point R to Right Side (3:00)
左轉90度右足略右踏, 左足於右足前交叉踏, 右足右點(面向3點鐘)
- 5-6 Turn ½ Right Step R Next to L, Point L to Left Side (9:00)
右轉180度右足併踏, 左足左點(面向9點鐘)
- 7&8 Cross L Over R, Step R to Right Side, Cross L Over R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
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