

Avatar (阿凡達) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Advanced
编舞者: Ross Brown (ENG) - 2010年01月
音乐: I See You - Leona Lewis : (CD: Avatar - 4:20)



前奏 : Intro: 14 Counts (Approx. 12 Secs)

第一段 **Walk Forward With Sweeps. Cross, Back, Large Side Step ¼ Turn L. Cross, Full Unwind L. Slide; Out, In With Dip, Hitch ¼ Turn R.**

前走帶繞, 交叉, 後, 大步帶左1/4, 交叉轉圈, 滑, 外, 內帶蹲, 抬右1/4

1-3 Step forward with right sweeping left forward, step forward with left sweeping right forward, step forward with right sweeping left forward.

右足前踏左足前繞, 左足前踏右足前繞, 右足前踏左足前繞

4&5 Cross step left over right, step back with right, make a ¼ turn left stepping left to the left a large step.

左足於右足前交叉踏, 右足後踏, 左轉90度左足左一大步

6& Cross step right over left, unwind a full turn left taking weight onto left. 右足於左足前交叉踏, 左轉圈重心在左足

7-8& Slide right foot to the right (dipping down slightly), slide right foot back into left (standing up again), make a ¼ turn right hitching right knee gently up to left.

右足右外滑略蹲, 右足滑向左足站起, 右轉90度右膝略抬

RESTART On Wall 3, restart the dance at this point facing 12 o'clock.

T: 第三面牆跳至此面向12點鐘, 從頭起跳

TAG 2: On Walls 2, 5 and 7, ADD TAGs 2 and 3 in their respective places facing 6 o'clock each time.

第二面牆, 第五面牆, 第七面牆面向6點鐘時加Tag 2

1-2& Step right to the right swaying to the right, sway to the left, hitch right knee up to left. 右足右踏右擺臀, 左擺臀, 右膝抬

or extend the SLIDE; OUT, IN to 4 Counts. (12 o'clock)

或 滑向外, 向內

第二段 **Basic Nightclub, Back Step ¼ Turn R. Run 3/8 Turn R, Run. Rock Forward, Recover. Back, Step ½ Turn L. Full Turn L Over Two Steps.**

基本步, 後踏 右1/4, 跑 右3/8, 跑, 前下沉 回復, 後, 踏轉, 左轉圈

1-2& Step right to the right, cross step left behind right, cross step right over left. 右足右踏, 左足於右足後交叉踏, 右足於左足前交叉踏

3 Make a ¼ turn right stepping back with left.

右轉90度左足後踏

4& Make a 3/8 turn right stepping forward with right, step forward with left. (Facing 7:30) 右轉135度右足前踏, 左足前踏(面向7:30)

5-6 Rock forward with right, recover onto left.

右足前下沉, 左足回復

&7 Step back with right, make a ½ turn left stepping forward with left. (Facing 1:30) 右足後踏, 左轉180度左足前踏(面向1:30)

8& Make a full turn left stepping; back with right (½), forward with left (½). 左轉圈-左轉180度右足後踏, 左轉180度左足前踏

TAG 3: On Walls 2, 5 and 7, ADD TAGs 2 and 3 in their respective places facing 6 o'clock each time.

第二面牆, 第五面牆, 第七面牆面向6點鐘時加Tag 3

1-2& (Straighten up to 6 o'clock) Step right to the right swaying to the right, sway to the left, hitch right knee up to left.

(面向6點鐘)右足右踏右擺臀, 左擺臀, 右膝抬

or repeat the FULL TURN L on Counts 8& two more times. (1:30)
或 重覆左轉圈兩次(面向1:30)

第三段 (Straighten Up) Side, Together ¼ Turn R, Cross. Side, Side Step ¼ Turn R, Cross. Cross Step ¼ Turn R, Back Step ¼ Turn R, Side. Cross Rock, Recover, Step ¼ Turn L.
(站立)側, 併 1/4, 交叉, 側, 側 1/4, 交叉, 交叉 1/4, 後 1/4, 側, 交叉下沉 回復, 踏 1/4

1-2& (Straightening up to 12 o'clock) Step right to the right, make a ¼ turn right stepping left next to right, Cross step right over left.
(面向12點鐘站立)右足右踏, 右轉90度左足併踏, 右足於左足前交叉踏

(面向12點鐘站立)右足右踏, 右轉90度左足併踏, 右足於左足前交叉踏

3-4& Step left to the left, make a ¼ turn right stepping right to the right, cross step left over right.
左足左踏, 右轉90度右足右踏, 左足於右足前交叉踏

5-6& Make a ½ turn right stepping; right over left (¼), back with left (¼), step right to the right.
右轉90度右足於左足前交叉踏, 右轉90度左足後踏, 右足右踏

7&8 Cross rock left over right, recover onto right, make a ¼ turn left stepping forward with left. (9 o'clock)
左足於右足前交叉踏, 右足回復, 左轉90度左足前踏(面向9點鐘)

第四段 Full Turn L Over Two Steps. Mambo ¼ Turn R. Mambo ½ Turn L. Step, Back Step ½ Turn R. Swaying Step ½ Turn R, Sway, Hook.
左轉圈, 右1/4轉曼波, 左1/2轉曼波, 踏 後踏 1/2, 右1/2擺臀, 擺臀, 勾

&1 Make a full turn left stepping; back with right (½), forward with left (½). 左轉圈-左轉180度右足後踏, 左轉180度左足前踏

2&3 Rock forward with right, recover onto left, make a ¼ turn right stepping forward with right. 右足前下沉, 左足回復, 右轉90度右足前踏

4&5 Rock forward with left, recover onto right, make a ½ turn left stepping forward with left. 左足前下沉, 右足回復, 左轉180度左足前踏

6& Step forward with right, make a ½ turn right stepping back with left.
右足前踏, 右轉180度左足後踏

7-8& Make a ½ turn right stepping forward with right swaying forward, sway back, hook right leg across left.
右轉180度右足前踏前擺臀, 後擺臀, 右足於左足前勾

TAG 1: At the END of Walls 1 and 6 ADD TAG 1 facing 6 o'clock both times.
第一面牆, 第六面牆結束時, 加Tag 1

1-2& Sway forward, sway back, hook right leg across left shin. (6 o'clock)
前擺臀, 後擺臀, 右足於左足前勾(面向6點鐘)
