

Autumn Rose (秋天玫瑰) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数: Improver
编舞者: Carina Slijters (NL) & Ide Ongers (NL) - 2009年11月
音乐: Autumn Rose - Rick Trevino : (CD: Whole Town Blue)



前奏 : 16 count intro 16拍後起跳

- 第一段** **Forward, Point, Left Shuffle Forward, Rock Step, ¼ Right with Chassé Right** 踏, 點, 前交換, 下沉回復, 右1/4帶右追步
- 1-2 Step Right Forward, Point Left to Left 右足前踏, 左足左點
- 3&4 Step Left Forward, Step Right next to Left, Step Left Forward
左足前踏, 右足併踏, 左足前踏
- 5-6 Rock Right Forward, Weight back on Left 右足前下沉, 左足回復
- 7&8 Make a quarter turn Right step Right to Right, Step Left next to Right, Step Right to Right [3:00]
右轉90度右足右踏, 左足併踏, 右足右踏(面向3點鐘)
- 第二段** **Cross, Point, Cross Shuffle, ¼ Right, Backward, Left Shuffle Backward**
交叉, 點, 交叉交換, 右1/4, 後, 後交換
- 1-2 Cross Left in front of Right, Point Right to Right
左足於右足前交叉踏, 右足右點
- 3&4 Cross Right in front of Left, Step Left to Left, Cross Right in front of Left 右足於左足前交叉踏, 左足左踏,
右足於左足前交叉踏
- 5-6 Make a quarter turn Right step Left backwards, Step Right backwards [6:00] 右轉90度左足後踏, 右足後
踏(面向6點鐘)
- 7&8 Step Left backwards, Step Right next to Left, Step Left backwards
左足後踏, 右足併踏, 左足後踏
- 第三段** **Rock Step, Full Turn Left Forward, Forward, Rock Step, Coaster Step**
下沉回復, 轉轉踏, 下沉回復, 海岸步
- 1-2 Rock Right backwards and sway your Right shoulder backwards, Weight back on Left 右足後下沉右後推
臀, 重心回復
- 3&4 Make a half turn Left step Right backwards, Make a half turn Left step Left Forward, Step Right forward
[6:00]
左轉180度右足後踏, 左轉180度左足前踏, 右足前踏(面向6點鐘)
- 5-6 Rock Right forward, Weight back on Left 右足前下沉, 左足回復
- 7&8 Step Left backwards, Step Right next to Left, Step Left forward
左足後踏, 右足併踏, 左足前踏
- 第四段** **Cross, ¼ Right Backward, Chassé Right, Cross, ¼ Left Backward, ¼ Left with Chassé Left** 交叉, 右1/4,
右追步, 交叉, 左1/4, 左1/4帶追步
- 1-2 Cross Right in front of Left, Make a quarter turn Right step Left backwards [9:00] 右足於左足前交叉踏, 右
轉90度左足後踏(面向9點鐘)
- 3&4 Step Right to Right, Step Left next to Right, Step Right to Right
右足右踏, 左足併踏, 右足右踏
- 5-6 Cross Left over Right, Make a quarter turn Left step Right backwards [6:00] 左足於右足前交叉踏, 左轉90
度右足後踏(面向6點鐘)
- 7&8 Make a quarter turn Left step Left to Left, Step Right next to Left, Step Left to Left [3:00]
左轉90度左足左踏, 右足併踏, 左足左踏(面向3點鐘)
- 第五段** **Box Step, Chassé Right with ¼ Right, Rock Step, Sweep Back 2x**
方塊步, 右追步帶右1/4, 下沉回復, 後繞二次

- 1-2 Cross Right in front of Left, Step Left backwards
右足於左足前交叉踏, 左足後踏
- 3&4 Step Right to Right, Step Left next to Right, Make a quarter turn Right step Right forward [6:00]
右足右踏, 左足併踏, 右轉90度右足前踏(面向6點鐘)
- 5-6 Rock Left forward, Weight back on Right 左足前下沉, 右足回復
- 7-8 Sweep Left from front to back step Left backward, Sweep Right from front to back step Right backward
左足由前繞至後左足後踏, 右足由前繞至後右足後踏

第六段 ¼ Left Sailor Step, Cross Rock, Chassé Right with ¼ Turn Right, Full Turn Right Forward 1/4轉水手, 交叉下沉, 右追步帶1/4, 右轉圈

- 1&2 Make a quarter turn Left cross Left behind Right, Step Right next to Left, Step Left forward [3:00]
左轉90度左足於右足後交叉踏, 右足併踏, 左足前踏(面向3點鐘)
- 3-4 Cross Right in front of Left, Weight back on Left
右足於左足前交叉下沉, 左足回復
- 5&6 Step Right to Right, Step Left next to Right, Make a quarter turn Right step Right forward [6:00]
右足右踏, 左足併踏, 右轉90度右足前踏(面向6點鐘)
- 7-8 Make a quarter turn Right step Left backward, Make a quarter turn Right step Right forward 右轉90度左足後踏, 右轉90度右足前踏

**第七段 Rock Step, Mambo Side 2x, Pivot ¼ Backward
下沉回復, 側曼波二次, 後點 轉1/4**

- 1-2 Rock Left forward, Weight back on Right 左足前下沉, 右足回復
- 3&4 Step Left to Left, Weight back on Right, Step Left next to Right
左足左踏, 右足回復, 左足併踏
- 5&6 Step Right to Right, Weight back on Left, Step Right next to Left
右足右踏, 左足回復, 右足併踏
- 7-8 Touch Left toe backward, Make a quarter turn Left (weight on Left) [3:00] 左足趾後點, 左轉90度重心回左足(面向3點鐘)

**第八段 Rocking Chair, Step, Touch, Step Back, Touch
搖椅步, 踏, 點, 後踏, 點**

- 1-4 Rock Right forward, Weight back on Left, Rock Right backward, Weight back on Left 右足前下沉, 左足回復, 右足後下沉, 左足回復
- 5-8 Step Right forward, Point Left to Left, Step Left backward, Point Right to Right 右足前踏, 左足左點, 左足後踏, 右足右點

ENDING: In the 6th wall dance until count 19 then:

第六面牆跳到第三段第3拍時, 改跳下列舞步結束舞曲

- &4-6 Make a quarter turn Left step Left to Left [12.00], Cross Right in front of Left, Make a large step to Left with Left and drag Right to Left
左轉90度左足左踏(面向12點鐘), 右足於左足前交叉踏, 左足左一大步右足拖併
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