

One Love (專一的愛) (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Frank Cooper (CAN) - 2009年12月
音乐: One Year of Love - Queen : (CD: A Kind Of Magic)



前奏: Start the dance on the word "Don't" facing the 11:00 wall with the right toe pointed out to the side 面向11點鐘右足趾右點, 當唱到'Don't'時開始起跳

第一段 Right Twinkle, Left Twinkle ½ Turn 右華士步, 左華士轉

- 1-3 Step right over left (1), step back on left squaring up to 12:00 (2), step right to right side (3)
右足於左足前交叉踏, 左足轉正面向12點鐘後踏, 右足右踏
- 4-6 Step left over right (4), step back on right foot ¼ turn to the left (5), step left foot to the left side ¼ turn to the left (6) (slightly over rotate to 5:00)
左足於右足前交叉踏, 右足後踏左轉90度, 左足左踏左轉90度(略向5點鐘)

第二段 Step Forward, Left Low Kick Forward, Step Back, Step Side, Step Across 前踏, 前踢, 後旁前

- 7-9 Step forward on right to 5:00 (1), slightly bring left foot up & fwd prepping to kick fwd (2), kick left fwd (low)(3)
右足前踏(面向5點鐘), 左足略前抬, 左足前踢
- 10-12 Step back on left (4), step right to right side (5), step left over right (6) 左足後踏, 右足右踏, 左足於右足前交叉踏

第三段 Step Back ¼ Turn, Step Side ¼ Turn, Toe Sweep, Step Across, Step Side, Touch Side 1/4 1/4 繞, 交叉, 側, 點

- 13-15 Step back on right ¼ turn left (1), step left to left side ¼ turn left (2), sweep right toe around from back to front (3)
左轉90度右足後踏, 左轉90度左足左踏, 右足趾由後繞至前
- 16-18 Step right over left (4), step left to side (small pose) (5), touch right toe to right side (6) 右足於左足前交叉踏, 左足左踏, 右足趾右點

第四段 Rolling Vine Right, Weave To Right Side 轉華倫, 右藤步

- 19-21 Step right foot ¼ turn to the right (1), step back on left foot ½ turn right (2), step right to right side ¼ turn to the right (3)
右轉90度右足右踏, 右轉180度左足後踏, 右轉90度右足右踏
- 22-24 Step left over right foot (4), step right to right side (5), step left behind right (6) 左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏

第五段 Step Side, Cross Rock Step, Rolling Vine Left 右踏, 交叉回復, 轉華倫

- 25-27 Step right to right side (1), rock left over right foot (2), recover onto right (3) 右足右踏, 左足於右足前交叉下沉, 右足回復
- 28-30 Step left foot ¼ turn to the left (4), step back on right ½ turn left (5), step left ¼ turn to the left (6)
左轉90度左足踏, 左轉180度右足後踏, 左轉90度左足踏

第六段 Twinkle Right & Left 右華士步, 左華士步

- 31-33 Step right over left (1), step left to left side (2), step right to right side & slightly fwd (3) 右足於左足前交叉踏, 左足左踏, 右足略前踏
- 34-36 Step left over right (4), step right to right side (5), step left to left side & slightly fwd (6)
左足於右足前交叉踏, 右足右踏, 左足略左前踏

第七段 Twinkle ½ Right, Weave To Right Side 右1/2華士步, 右藤步

- 37-39 Step right over left (1), step back on left ¼ turn right (2), step right to right side ¼ turn to right (3)
右足於左足前交叉踏, 左足後踏右轉90度, 右足右踏右轉90度
- 40-42 Step left over right (4), step right to right side (5), step left behind right (6) 左足於右足前交叉踏,
右足右踏, 左足於右足後踏

**第八段 Side Rock Step, Step Forward, Pivot ½ Turn, Step Back 3/8 Turn To Right
右下沉回復, 前踏, 踏轉, 3/8後踏**

- 43-45 Rock right out to right side (1), recover onto left (2), step forward onto right (3) 右足右下沉, 左足
回復, 右足前踏
- 46-48 Step fwd on left (4), pivot ½ turn right (5), step back on left 3/8 of a turn to the right (6) 左足前踏,
右軸轉180度, 右轉135度左足後踏
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