

My Girl Sally (莎莉女郎) (zh)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Audrey Watson (SCO) - 2007年12月
音乐: Sea Salt Sally - Rock Guard : (CD: Stop it & Dance)



前奏 : 32 Count Intro start on vocals 32拍後起跳

第一段 FWD TOUCH, BACK TOUCH, BACK TOUCH, FWD TOUCH. 前點, 後點, 後點, 前點

- 1-2 Step fwd on right, touch left next right
右足前踏, 左足併點
- 3-4 Step back on left, touch right next left
左足後踏, 右足併點
- 5-6 Step back on right, touch left next right
右足後踏, 左足併點
- 7-8 Step fwd on left, touch right next left
左足前踏, 右足併點

第二段 ROCK, ROCK, ROCK, HOLD X 2. 下沉, 下沉, 下沉, 候 二次

- 1-2 Rock fwd on right, recover back on left
右足前下沉, 左足後回復
- 3-4 Rock fwd on right, hold for a beat
右足前下沉, 候
- 5-6 Rock fwd on left, recover back on right
左足前下沉, 右足後回復
- 7-8 Rock fwd on left, hold for a beat
左足前下沉, 候

第三段 SIDE HOLD, CROSS HOLD, SIDE, CLOSE, SIDE, HOLD 側候, 交叉候, 側, 併, 側, 候

- 1-2 Step right to right side, hold for a beat
右足右踏, 候
- 3-4 Cross left over right, hold for a beat
左足於右足前交叉踏, 候
- 5-6 Step right to right side, close left next right
右足右踏, 左足併踏
- 7-8 Step right to right side, hold for a beat
右足右踏, 候

第四段 CROSS ROCK, 1/4 TURN, HOLD, RUN, RUN, RUN, RUN 交叉下沉, 轉1/4, 候, 跑, 跑, 跑, 跑

- 1-2 Cross rock left over right, recover back on right
左足於右足前交叉下沉, 右足後回復
- 3-4 Turn 1/4 left stepping fwd on left, hold for a beat
左轉90度左足前踏, 候
- 5-6 Small running step fwd on right, small running step fwd on left
右足前小跑步, 左足前小跑步

7-8

Small running step fwd on right, small running step fwd on left
右足前小跑步, 左足前小跑步
