

Mandy (曼蒂) (zh)

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Oli Geir (ICE)
音乐: Mandy (Club Mix) - Westlife



前奏 : 32 counts intro. Start on first heavy beat.

- 第一段 Step, Rock Step, Chasse ½ Turn Left, Step Pivot ½ Turn Left, Lock Step**
踏, 下沉踏, 左轉1/2追步, 踏轉1/2, 鎖步
- 1-3 Step Forward Right, Rock Forward Left, Recover Onto Right
右足前踏, 左足前下沉, 右足回復
- 4&5 Step Left In To Chasse ½ Turn Left, Stepping Left, Right, Left
左轉180度追步(左, 右, 左)
- 6-7 Step Forward Right, Pivot ½ Turn Left 右足前踏, 左轉180度
- 8&1 Step Forward Right, Step Left Behind Right, Step Forward Right
右足前踏, 左足於右足後踏, 右足前踏
- 第二段 Cross Rock, Side Step, Cross Rock, Step ¼ Turn Right, Step Pivot ½ Turn Right, Cross Rock, Side Step**
交叉下沉, 側踏, 交叉下沉, 右轉1/4, 踏右轉1/4, 交叉下沉, 側踏
- 2&3 Cross Rock Left Over Right, Recover Onto Right, Step Left To Side
左足於右足前交叉下沉, 右足回復, 左足側踏
- 4&5 Cross Rock Right Over Left, Recover Onto Left, Step Right ¼ Turn Right
右足於左足前交叉下沉, 左足回復, 右轉90度右足踏
- 6-7 Step Forward Left, Pivot ½ Turn Right 左足前踏, 右轉180度
- 8&1 Cross Rock Left Over Right, Recover On To Right, Step Left To Side
左足於右足前交叉下沉, 右足回復, 左足側踏
- 第三段 Cross Rock, Side Step, Cross Step, ¼ Turn Left, Step Back, Left Chasse, Cross Step, Touch Side**
交叉下沉, 側踏, 交叉踏, 左轉1/4, 後踏, 左追步, 交叉踏, 側點
- 2&3 Cross Rock Right Over Left, Recover Onto Left, Step Right To Side
右足於左足前交叉下沉, 左足回復, 右足側踏
- 4-5 Step Left Across Right, Make A ¼ Turn Left, Stepping Back On Right
左足於右足前交叉踏, 左轉90度右足後踏
- 6&7 Step Left To Side, Close Right To Left, Step Left To Side
左足側踏, 右足併踏, 左足側踏
- 8-1 Step Right Across Left, Touch Left To Side
右足於左足前交叉踏, 左足側點
- 第四段 Cross Step, Side Step, Front Sailor ¼ Turn Left, Step Pivot ½ Turn Left, Lock Step** 交叉踏, 側踏,
前左轉1/4水手步, 踏左轉1/2, 鎖步
- 2-3 Step Left Across Right, Step Right To Side, (Use Hips)
左足於右前交叉踏, 右足側踏(擺臀)
- 4&5 Step Left Across Right, Step Right To Side, Make A ¼ Turn Left, Stepping Forward Left 左足於右
足前交叉踏, 右足側踏, 左轉90度左足前踏
- 6-7 Step Forward Right, Pivot ½ Turn Left 右足前踏, 左轉180度
- 8& Step Forward Right, Step Left Behind Right
右足前踏, 左足於右足後踏

