

# My Home (我的家) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate/Advanced  
编舞者: Ria Vos (NL) - 2010年03月  
音乐: Home (Radio Version) (feat. Johnny Mcdaid) - Paul van Dyk : (CD: Home Maxi CD)



前奏 : Intro: 32 counts 32拍後起跳

- 第一段**      **Side Rock, Rec., Touch Behind, Unwind Full Turn R, Chasse L, Rock Back, Rec.** 側下沉 回復, 後點, 右轉圈, 左追步, 後下沉 回復
- 1-2      Rock R to Right Side, Recover on L 右足右下沉, 左足回復
- 3-4      Cross Touch R Behind L, Unwind Full Turn R (weight ends on R)  
右足於左足後交叉點, 右繞轉圈(重心在右足)
- 5&6      Step L to Left Side, Step R Next to L, Step L to Left Side  
左足左踏, 右足併踏, 左足左踏
- 7-8      Rock Back on R, Recover on L 右足後下沉, 左足回復
- 第二段**      **Side, Hold, & Side Rock, Rec., Sailor Step, Behind, Unwind Full Turn L** 側, 候, 併 側下沉 回復, 水手步, 後, 左繞轉圈
- 1-2      Step R to Right Side, Hold 右足右踏, 候
- &3-4      Step L Next to R, Rock R to Right Side, Recover on L  
左足併踏, 右足右下沉, 左足回復
- 5&6      Cross R Behind L, Step L to Left Side, Step R to Right Side  
右足於左足後交叉踏, 左足左踏, 右足右踏
- 7-8      Cross Touch L Behind R, Unwind Full Turn Left (weight ends on L)  
左足於右足後交叉點, 左繞轉圈(重心在左足)
- 第三段**      **Side, Drag, Rock Back, Rec., ¼ Turn R Side, Drag, Rock Back, Rec.**  
側, 拖, 後下沉 回復, 1/4右, 拖併, 後下沉 回復
- 1-2      Step R Big Step to Right Side, Drag L towards R  
右足右一大步, 左足拖併
- 3-4      Rock Back on L, Recover on R 左足後下沉, 右足回復
- 5-6      ¼ Turn R Step L Big Step to Left Side, Drag R towards Left (3:00)  
右轉90度左足左一大步, 右足拖併(面向3點鐘)
- 7-8      Rock Back on R, Recover on L 右足後下沉, 左足回復
- 第四段**      **¼ Turn L, ¼ Turn L, Cross Shuffle, Side Rock, Rec., Cross, Point**  
1/4, 1/4, 交叉交換, 側下沉 回復, 交叉, 點
- 1-2      ¼ Turn L Step Back on R, ¼ Turn L Step L to Left Side (9:00)  
左轉90度右足後踏, 左轉90度左足左踏(面向9點鐘)
- 3&4      Cross R Over L, Step L to Left Side, Cross R Over L  
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 5-6      Rock L to Left Side, Recover on R 左足左下沉, 右足回復
- 7-8      Cross L Over R, Point R Toe to Right Side  
左足於右足前交叉踏, 右足趾右點
- 第五段**      **¾ Turn R, Step Fwd, Step, Pivot ½ Turn R, Step Fwd, Hold, Full Turn L** ¾, 踏, 踏轉, 踏候, 左轉圈

- 1-2  $\frac{3}{4}$  Turn Right with R Hook, Step Fwd on R (6:00)  
右轉270度右足勾, 右足前踏(面向6點鐘)
- 3-4 Step Fwd on L, Pivot  $\frac{1}{2}$  Turn Right (12:00)  
左足前踏, 右軸轉180度(面向12點鐘)
- 5-6 Step Fwd on L, Hold 左足前踏, 候
- 7-8  $\frac{1}{2}$  Turn L Step Back on R,  $\frac{1}{2}$  Turn L Step Fwd on L (12:00)  
左轉180度右足後踏, 左轉180度左足前踏(面向12點鐘)

**第六段 Step, Pivot  $\frac{3}{8}$  Turn L, Walk, Walk, & Side Rock, Cross,  $\frac{1}{8}$  Turn R,  $\frac{1}{4}$  Turn R 踏, 轉 $\frac{3}{8}$ , 走, 走, 右下沉回復, 交叉,  $\frac{1}{8}$ ,  $\frac{1}{4}$**

- 1-2 Step Fwd on R, Pivot  $\frac{3}{8}$  Turn L to Face Left Back Diagonal (7:30)  
右足前踏, 左轉135度面向左後斜角(面向7:30)
- 3-4 Step Fwd on R, Step Fwd on L 右足前踏, 左足前踏
- &5-6 Rock R to Right Side, Recover on L, Cross R Over L  
右足右下沉, 左足回復, 右足於左足前交叉踏
- 7-8 Turn  $\frac{1}{8}$  Right Step Back on L, Turn  $\frac{1}{4}$  Right Step R to Right Side (12:00)  
右轉45度左足後踏, 右轉90度右足右踏(面向12點鐘)

**第七段  $\frac{1}{4}$  Turn R, Drag, Rock Back, Rec.,  $\frac{1}{4}$  Turn L, Drag, Rock Back, Rec.  $\frac{1}{4}$ , 拖併, 後下沉, 回復,  $\frac{1}{4}$ , 拖併, 後下沉, 回復**

- 1-2  $\frac{1}{4}$  Turn Right Step L Big Step to Left Side, Drag R towards L (3:00)  
右轉90度左足左一大步, 右足拖併(面向3點鐘)
- 3-4 Rock Back on R, Recover on L 右足後下沉, 左足回復
- 5-6  $\frac{1}{4}$  Turn Left Step R Big Step to Right Side, Drag L towards R (12:00)  
左轉90度右足右一大步, 左足拖併(面向12點鐘)
- 7-8 Rock Back on L, Recover on R 左足後下沉, 右足回復

**第八段 Side, Behind,  $\frac{1}{4}$  Turn L, Sweep  $\frac{1}{4}$  L, Jazz Box Cross 側, 後,  $\frac{1}{4}$ , 繞 $\frac{1}{4}$ , 爵士方塊交叉**

- 1-2 Step L to Left Side, Step R Behind L 左足左踏, 右足於左足後踏
  - 3-4  $\frac{1}{4}$  Turn Left Step Fwd on L, Sweep R into  $\frac{1}{4}$  Turn Left (6:00)  
左轉90度左足前踏, 左轉90度右足繞至前(面向6點鐘)
  - 5-6 Cross R Over L, Step Back on L 右足於左足前交叉踏, 左足後踏
  - 7-8 Step R to Right Side, Cross L Over R 右足右踏, 左足於右足前交叉踏
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