

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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