

Mexicali (墨西哥卡里) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数: Improver
编舞者: Robbie McGowan Hickie (UK) - 2009年09月
音乐: Mexico - Tobias Rene : (CD: Living Dreams)



前奏 : 16 Count intr 16拍後起跳

第一段 **Right Cross. Step. Cross. Sweep. Weave Right.**
交叉交換, 繞, 右藤步

- 1-3 Cross step Right over Left. Step Left to Left side. Cross step Right over Left. 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 4 Sweep Left out and around from Back to Front.
左足由後繞至前
- 5-8 Cross step Left over Right. Step Right to Right side. Cross Left behind Right. Step Right to Right side.
左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏, 右足右踏

第二段 **Cross Rock 1/4 Turn Left. Hold. Full Turn Left (Travelling Forward). Hold.** 交叉下沉, 左1/4, 候, 轉轉踏, 候

- 1-2 Cross rock Left over Right. Rock back on Right.
左足於右足前交叉下沉, 右足回復
- 3-4 Make 1/4 turn Left stepping forward on Left. Hold. (9 o'clock)
左轉90度左足前踏, 候(面向9點鐘)
- 5-6 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left. 左轉180度右足後踏, 左轉180度左足前踏
- 7-8 Step forward on Right. Hold. 右足前踏, 候

Easier: Counts 5 – 8 above ... Right Lock Step Forward with Hold.
簡易版 右足前鎖步, 候

第三段 **Left Forward Rock. Step Back. Sweep. Behind. Side. Cross. Hold.**
前下沉 回復 後踏 繞, 後旁 前交叉 候

- 1-2 Rock forward on Left. Rock back on Right.
左足前下沉, 右足回復
- 3-4 Step back on Left. Sweep Right out and around from Front to Back.
左足後踏, 右足由前繞至後
- 5-8 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. Hold. (9 o'clock)
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏, 候(面向9點鐘)

第四段 **Side Rock 1/4 Turn Right. Cross. Hold. Hip Sways. Side Step Right. Slide.** 側下沉 右1/4 交叉 候, 推臀 推臀 側踏 滑併

- 1-2 Rock Left out to Left side. Recover on Right making 1/4 turn Right.
左足左下沉, 右轉90度右足回復
- 3-4 Cross step Left forward over Right. Hold. (12 o'clock)
左足於右足前交叉踏, 候(面向12點鐘)
- 5-6 Step Right to Right side Swaying hips Right. Sway hips Left.
右足右踏右推臀, 左推臀
- 7-8 Long step Right to Right side. Drag/Slide Left towards and beside Right. (Weight on Right) 右足右一大步, 左足拖併(重心在右足)

第五段 **Left Rumba Box with Drag.** 左倫巴方塊帶拖併

- 1-4 Step Left to Left side. Close Right beside Left. Step forward on Left. Hold. 左足左踏, 右足併踏, 左足前踏, 候

5-8 Step Right to Right side. Close Left beside Right. Step back on Right. Drag Left towards Right. 右足右踏, 左足併踏, 右足後踏, 左足拖併

第六段 Back Rock. 1/2 Turn Right. Sweep. Back Rock. 1/2 Turn Left. Sweep.
後下沉 回復 轉繞, 後下沉 回復 轉繞

1-2 Rock back on Left. Rock forward on Right.
左足後下沉, 右足回復

3-4 Make 1/2 turn Right stepping back on Left. Sweep Right out and around from Front to Back. 右轉180度
左足後踏, 右足由前繞至後

5-6 Rock back on Right. Rock forward on Left. (6 o'clock)
右足後下沉, 左足回復(面向6點鐘)

7-8 Make 1/2 turn Left stepping back on Right. Sweep Left out and around from Front to Back. (12 o'clock)
左轉180度右足後踏, 左足由前繞至後(面向12點鐘)

第七段 Left Sailor Cross 1/4 Turn Left. Hold. Right Scissor Step. Hold.
左1/4轉水手交叉, 候, 右剪刀步, 候

1-4 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Cross step Left over Right. Hold.
左轉90度左足於右足後交叉踏, 右足併踏, 左足於右足前交叉踏, 候

5-8 Long step Right to Right side. Close Left beside Right. Cross step Right over Left. Hold. (9 o'clock)
右足右一大步, 左足併踏, 右足於左足前交叉踏, 候(面向9點鐘)

第八段 Side. Together. 1/4 Turn Left. Brush. Step. Pivot 1/2 Turn Left. Step. Pivot 1/4 Turn Left. 側 併 左1/4 刷, 踏 轉 踏 90

1-2 Step Left to Left side. Close Right beside Left.
左足左踏, 右足併踏

3-4 Make 1/4 turn Left stepping forward on Left. Brush Right forward. (6 o'clock) 左轉90度左足前踏, 右足前
刷(面向6點鐘)

5-6 Step forward on Right. Pivot 1/2 turn Left. (12 o'clock)
右足前踏, 左軸轉180度(面向12點鐘)

7-8 Step forward on Right. Pivot 1/4 turn Left. (9 o'clock)
右足前踏, 左軸轉90度(面向9點鐘)

TAG: To keep to the phrasing of the music ... a 16 Count Tag is needed at the End of Wall 2 (6 o'clock) 加拍: 第二面牆(面向6點鐘)結束時, 加16拍

Cross Rock. Side Step Right. Hold. Cross. 1/4 Turn Left x 2. Hold. (Repeat) 交叉曼波 候, 前交叉 左1/2二次 候(重覆再做一次)

1-4 Cross rock Right over Left. Rock back on Left. Step Right to Right side. Hold. 右足於左足前交叉下沉, 左
足後回復, 右足右踏, 候

5-6 Cross step Left over Right. Make 1/4 turn Left stepping back on Right. 左足於右足前交叉踏, 左轉90度右
足後踏

7-8 Make 1/4 turn Left stepping Left to Left side. Hold. (Facing 12 o'clock) 左轉90度左足左踏, 候(面向12點
鐘)

9-16 Repeat above Counts 1 - 8 ... (Now Facing 6 o'clock)
重覆一次(最後會面向6點鐘)
