

Ice Breaker (破冰之旅) (zh)

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mary Kelly (UK) - 2008年00月
音乐: Hold Your Horses - E-Type : (CD: The Ultimate In Dance Superstar Productions)



第一段 Left Weave, Point, Right Weave, Point 左藤步, 點, 右藤步, 點

- 1-2 Cross right over left, step left on left
右足於左足前交叉踏, 左足左踏
- 3-4 Cross right behind left, touch left back diagonal. Left
右足於左足後交叉踏, 左足左斜角線後點
- 5-6 Cross left over right, step right on right
左足於右足前交叉踏, 右足右踏
- 7-8 Cross left behind right, touch right back diagonal. Right
左足於右足後交叉踏, 右足斜角線右後點

第二段 Cross, Point, Cross, Point, ¼ Turn Box Step 交叉, 點, 交叉, 點, 轉1/4方塊步

- 1-2 Cross right over left, touch left to left
右足於左足前交叉踏, 左足左點
- 3-4 Cross left over right, touch right to right
左足於右足前交叉踏, 右足右點
- 5-6 Cross right over left, step back on left
右足於左足前交叉踏, 左足後踏
- 7-8 Step ¼ turn right on right, close left beside right
右轉90度右足踏, 左足併踏

第三段 Rock Forward, In Place, Step Back, Clap, Rock Back, In Place, Step Forward, Clap 前下沉, 原地踏, 後踏, 拍手, 後下沉, 原地踏, 前踏, 拍手

- 1-2 Rock forward on right, rock back in place on left
右足前下沉, 左足後下沉
- 3-4 Step back on right, hold with one clap
右足後踏, 候
- 5-6 Rock back on left, rock forward in place on right
左足後下沉, 右足前下沉
- 7-8 Step forward on left, hold with one clap
左足前踏, 候

第四段 Step, ½ Pivot, Shuffle Forward, Two Kicks & Point 踏, 轉1/2, 前交換步, 二次踢, 點

- 1-2 Step forward on right, pivot ½ turn left
右足前踏, 左轉180度
- 3&4 Step forward on right, close left, step forward on right
右足前踏, 左足併踏, 右足前踏
- 5-6 Kick left forward twice & Close left beside right
左足前踢二次, 左足併踏
- 7-8 Touch right to right, hold for one count
右足右點, 候

