

I Run To You (奔向你) (zh)

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Rachael McEnaney (USA) - 2010年06月
音乐: I Run to You - Lady A : (CD: Need You Now)



前奏 : Count In: 32 counts from start of track – dance begins on vocals 32拍後唱歌起跳

- 第一段** R Diagonal Shuffle, L Side Rock, L Diagonal Shuffle, R Step Back ¼ Turn L, L Side 斜角前交換, 左下沉 回復, 斜角前交換, 左1/4 左踏
- 1&2 Angle body to 10.30 step forward on right (1), step left next to right (&), step forward on right (2) [10.30]
身體轉向10:30右足前踏, 左足併踏, 右足前踏(面向10:30)
- 3-4 Angle body to 12.00 rock left to left side (3), recover weight onto right (4) [12.00] 身體轉向12點鐘
左足左下沉, 右足回復(面向12點鐘)
- 5&6 Angle body to 1.30 step forward on left (5), step right next to left (&), step forward on left (6) [1.30]
身體轉向1:30左足前踏, 右足併踏, 左足前踏(面向1:30)
- 7-8 Make ¼ turn left stepping back on right (now facing side wall 9.00) (7), step left to left side (8) [9.00]
左轉90度右足後踏(面向9點鐘), 左足左踏(面向9點鐘)
- 第二段** Syncopated Weave, L Side, Hold, Ball Side Rock
變奏藤步, 左踏, 候, 併 左下沉 回復
- 12,3&4 Cross right over left (1), step left to left side (2), cross right behind left (3), step left to left side (&), cross right over left (4) [9.00]
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏(面向9點鐘)
- 5&6&7&8 Step left to left side (5), hold (6), step right next to left (&), rock left to left side (7), recover weight onto right (8) [9.00]
左足左踏, 候, 右足併踏, 左足左下沉, 右足回復(面向9點鐘)
- 第三段** L Diagonal Shuffle, R Side Rock, R Diagonal Shuffle, L Step Back ¼ Turn R, R Side (repeat 1-8 but opposite foot)
斜角前交換, 右下沉 回復, 斜角前交換, 右1/4後 右踏(另一腳動作同1-8拍)
- 1&2 Angle body to 10.30 step forward on left (1), step right next to left (&), step forward on left (2) [10.30]
身體轉向10:30左足前踏, 右足併踏, 左足前踏(面向10:30)
- 3-4 Angle body to 9.00 rock right to right side (3), recover weight onto left (4) [9.00]
身體轉向9點鐘右足右下沉, 左足回復(面向9點鐘)
- 5&6 Angle body to 7.30 step forward on right (5), step left next to right (&), step forward on right (6) [7.30]
身體轉向7:30右足前踏, 左足併踏, 右足前踏(面向7:30)
- 7-8 Make ¼ turn right stepping back on left (now facing front) (7), step right to right side (8) [12.00]
右轉90度左足後踏(面向前面), 右足右踏(面向12點鐘)
- 第四段** Syncopated Weave, Big Step R, Hold Dragging L, L Coaster Step.
變奏藤步, 右大步, 候拖併, 海岸步
- 12,3&4 Cross left over right (1), step right to right side (2), cross left behind right (3), step right to right side (&), cross left over right (4) [12.00]
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, 左足於右足前交叉踏(面向12點鐘)
- 5-6 Step right to right side (big step) (5), hold dragging left foot towards right (6), [12.00]
右足右一大步, 左足拖併(面向12點鐘)

- 7&8 Step back on left (7), step right next to left (&), step forward on left (8) [12.00] 左足後踏, 右足併踏, 左足前踏(面向12點鐘)
- 第五段 R Shuffle, Step Forward L, ½ Pivot Turn R, Full Turn R Travelling Forward (Or 2 Walks), L Rock Forward**
前交換, 踏轉, 轉轉(或走走), 下沉回復
- 1&2,34 Step forward on right (1), step left next to right (&), step forward on right (2), step forward on left (3), pivot ½ turn right (4) (weight R) [6.00]
右足前踏, 左足併踏, 右足前踏, 左足前踏, 右軸轉180度(重心在右足)(面向6點鐘)
- 5-6 Make ½ turn right stepping back on left (5), make ½ turn right stepping forward on right (6) Easy option: Walk forward right (5), left (6) [6.00]
右轉180度左足後踏, 右轉180度右足前踏
簡易版: 右足前走, 左足前走 (面向6點鐘)
- 7-8 Rock forward on left (7), recover weight onto right (8) [6.00]
左足前下沉, 右足回復(面向6點鐘)
- 第六段 L Coaster Cross, R Side Rock, R Sailor Step, L Sailor Step**
海岸交叉, 右下沉回復, 水手步, 水手步
- 1&2,34 Step back on left (1), step right next to left (&), cross left over right (2), rock right to right side (3), recover weight onto left (4) [6.00]
左足後踏, 右足併踏, 左足於右足前交叉踏, 右足右下沉, 左足回復(面向6點鐘)
- 5&6 Cross right behind left (5), step left next to right (&), step right to right side (6) [6.00]
右足於左足後交叉踏, 左足併踏, 右足右踏(面向6點鐘)
- 7&8 Cross left behind right (7), step right next to left (&), step left to left side (8) [6.00]
左足於右足後交叉踏, 右足併踏, 左足左踏(面向6點鐘)
- 第七段 R Cross Rock, R Side, L Cross Rock, ¼ Turn L Stepping Forward L, ½ Turn L Stepping Back R, ¼ Turn L**
交叉曼波, 交叉曼波左1/4, 左1/2 1/4
- 1-3 Cross rock right over left (1), recover weight onto left (2), step right to right side (3) [6.00]
右足於左足前交叉下沉, 左足回復, 右足右踏(面向6點鐘)
- 4-6 Cross rock left over right (4), recover weight onto right (5), make ¼ turn left stepping forward on left (6) [3.00]
左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏(面向3點鐘)
- 7-8 Make ½ turn left stepping back on right (7), make ¼ turn left stepping left to left side (8) [6.00]
左轉180度右足後踏, 左轉90度左足左踏(面向6點鐘)
- 第八段 R Cross Rock, R Chasse, L Cross, R Side, L Sailor Step**
交叉下沉 回復, 右追步, 交叉, 右踏, 水手步
- 12,3&4 Cross rock right over left (1), recover weight onto left (2), step right to right side (3), step left next to right (&), step right to right side (4) [6.00]
右足於左足前交叉下沉, 左足回復, 右足右踏, 左足併踏, 右足右踏(面向6點鐘)
- 5-6 Cross left over right (5), step right to right side (6) [6.00]
左足於右足前交叉踏, 右足右踏(面向6點鐘)
- 7&8 Cross left behind right (7), step right next to left (&), step left to left side (8) end with body angled to 4.30 (facing back wall) ready to start again [6.00]
左足於右足後交叉踏, 右足併踏, 左足左踏(結束時身體轉向4:30, 面向6點鐘, 從頭起跳)
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