

If I Could Change (改變世界) (zh)

COPPER KNOB
STYLEDANCE™

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ruben Luna (USA) - 2009年03月
音乐: Change the World - Eric Clapton



前奏 : Dance Begins after 32 counts on vocals

- 第一段** **Step Fwd Right, Left, Right, Chase Turn Right, Step Fwd Right Point Left, ¼ Turn Step Left, Ball Cross**
前踏-右, 左, 右, 右轉追步, 前踏左點, 轉1/4, 踏交叉
- 1-3 Step forward right, left, right on left diagonal (11:00)
左斜角前踏-右, 左, 右(面向11點鐘)
- 4&5 Step forward left, ½ turn right (weight on right), step forward left(5:00) 左足前踏, 右轉180度(重心在右足), 左足前踏(面向5點鐘)
- 6-7 Step forward right, point left to left side 右足前踏, 左足左點
- 8&1 Step onto left ¼ turn left (1:00), Step right ball of foot forward, cross left over right
左轉90度左足踏(1點鐘), 右足前踏, 左足於右足前交叉踏
- 第二段** **Rock Recover, 1 ½ Turn To Right, Rock Recover Cross 3/8 Turn Right, Chase Turn Left** 下沉回復, 右1 ½, 下沉回復 交叉右3/8, 左轉追步
- 2-3 Rock right foot forward, recover onto left 右足前下沉, 左足回復
- 4&5 Step right ½ turn right, step left ½ turn right, step right ½ turn right (7:00) 右轉180度右足踏, 右轉180度左足踏, 右轉180度右足踏(7點鐘)
- 6&7 Step left forward, recover onto right 3/8 turn right (12:00), step left forward 左足前踏, 右轉135度右足回復(12點鐘), 左足前踏
- 8&1 Step forward with right, ½ turn left (weight on left) Step forward on right (6:00) 右足前踏, 左轉180度重心在左足, 右足前踏(6點鐘)
- On wall 5, 2nd restart OCCURS AFTER 8,&1 instead of stepping forward on count 1, step on diagonal (11:00)I to restart dance
第五面牆跳至此時, 原右足前踏改為從頭起跳面向斜角前踏(面向11點鐘)
- 第三段** **Rock Recover, Lock Step Back, ½ Turn Right, ½ Turn Right, Triple ½ Turn Right** 下沉回復, 後鎖步, 右1/2, 右1/2, 小三步右1/2
- 2-3 Step forward left, recover onto right 左足前下沉, 右足回復
- 4&5 Step back left, lock right in front of left step left back
左足後踏, 右足於左足前鎖踏, 左足後踏
- 6-7 Step right ½ turn right (12:00), step left ½ turn right (6:00)
右轉180度右足踏(12點鐘), 右轉180度左足踏(6點鐘)
- 8&1 Step right ¼ turn right (9:00), step left next to right, step right ¼ turn right (12:00)
右轉90度右足度(面向9點鐘), 左足併踏, 右轉90度右足踏(面向12點鐘)
- 第四段** **Cross Rock Right, Cross Rock Left, Lock Step Forward, Chase Turn Left**
右交叉下沉, 左交叉下沉, 前鎖步, 踏轉踏
- 2&3 Cross left over right, recover onto right, step left next to right
左足於右足前交叉下沉, 右足回復, 左足併踏
- 4&5 Cross right over left, recover onto left, step right next to left
右足於左足前交叉下沉, 左足回復, 右足併踏
- 6&7 Step forward onto left, lock right behind left, step forward onto left 左足前踏, 右足於左足後鎖踏, 左足前踏
- 8&1 Step forward onto right, ½ turn left (weight on left), step forward onto right 右足前踏, 左轉180度重心在左足, 右足前踏
- 第五段** **Step Forward Left ¼ Turn Right, Step Right Forward ½ Turn Right, ½ Turn Hitch Right, ¼ Turn Sailor Left, ¼ Turn Left Rock Recover Cross**
右1/4前踏, 右1/2前踏, 1/2抬, 1/4水手, 1/4下沉回復交叉

- 2-3 Step forward left $\frac{1}{4}$ turn right, (9:00) step right $\frac{1}{2}$ turn right (3:00)
右轉90度左足前踏(面向9點鐘), 右轉180度右足踏(面向3點鐘)
- 4&5 Hitch left $\frac{1}{2}$ turn right, (9:00) cross left over right on ball of foot, step right to right side
右轉180度左足抬(面向9點鐘), 左足於右足前交叉踏, 右足右踏
- 6&7 Step left behind right $\frac{1}{4}$ turn left, step right next to left, step left forward (6:00)
左轉90度左足於右足後踏, 右足併踏, 左足前踏(面向6點鐘)
- 8&1 Step forward right foot, $\frac{1}{4}$ turn left, (3:00) cross right over left
右足前踏, 左轉90度(面向3點鐘), 右足於左足前交叉踏

第六段 Sway Left, Right, Vine To The Right, Sway Right, Left, Vine To The Left
擺臀-左, 右, 右華倫, 擺臀-右, 左, 左華倫

- 2-3 Step left to left side and sway, step right to right side and sway
左足左踏左擺臀, 右足右踏右擺臀
- 4&5 Step left behind right, step right to right side, cross left in front of right 左足於右足後踏, 右足右踏, 左足於右足前交叉踏
- 6-7 Step right to right side and sway, step left to left side and sway
右足右踏右擺臀, 左足左踏左擺臀
- 8&1 Step right behind left, step left to left side, step right in front of left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

第七段 $\frac{1}{2}$ Turn Right, Sit Into Left Hip Step Left Back Sit Into Right Hip, Lock Step Forward, $\frac{1}{4}$ Turn Left Rock Recover Cross

右1/2, 左坐, 右後, 右坐, 前鎖步, 左1/4下沉回復交叉

- 2-3 $\frac{1}{2}$ turn to right, (9:00) step left foot back, sit into left hip
右轉180度(面向9點鐘)左足後踏, 左坐姿
- 4-5 Step right foot back, sit into right hip 右足後踏, 右坐姿
- 6&7 Step forward left foot, lock right behind left, step forward left
左足前踏, 左足於左足後鎖踏, 左足前踏
- 8&1 Step forward right foot, $\frac{1}{4}$ turn left, (6:00) cross right over left
右足前踏, 左轉90度(面向6點鐘), 右足於左足前交叉踏

On wall 2, 1st restarts OCCURS AFTER count 3, hold for count 4 turn right $\frac{1}{8}$ (5:00) then restart on diagonal
第二面牆踏至第3拍時, 第4拍候, 右轉45度(面向5點鐘), 以斜角從頭起跳

第八段 Press Left, Syncopated Vine Right, Rock Recover, $\frac{3}{4}$ Turn Right

左壓, 變奏右華倫, 下沉回復, 右3/4

- 2-3 Press left to left side, recover onto right 左足左壓踏, 右足回復
- 4&5 Step left behind right, step right to right side, step left in front of right 左足於右足後踏, 右足右踏, 左足於右足前踏
- 6-7 Rock Forward right On Diagonal (7:00) recover onto left
右足斜角前下沉(7點鐘), 左足回復
- 8& $\frac{1}{2}$ turn right step right forward (1:00), $\frac{1}{4}$ turn right step forward left (5:00) 右轉180度右足前踏(1點鐘), 右轉90度左足前踏(5點鐘)

ENDING: Instead of starting dance on wall 7 continue walking off dance floor on a diagonal (5:00) until music ends 結束時在第七面牆面向5點鐘方向跳到音樂結束
