

Our First Love (初戀) (zh)

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 4 级数: Improver
编舞者: Robert Lindsay (UK), Vivienne Scott (CAN) & Fred Buckley (CAN) - 2008年03月
音乐: Mi Primer Amor - Belle Perez : (CD: Gotitas De Amor)



- 第一段** **Sway, Sway, Kick Ball Cross, 1/4 Monterey, Side Rock & Cross**
搖擺, 搖擺, 踢交換交叉踏, 1/4蒙特瑞轉, 側下沉 & 交叉
- 1-2 Stepping Right To Right Side, Sway Hips Right, Left
右足右踏(右擺臀), 左擺臀
- 3&4 Kick Right Forward. Step Down On Ball Of Right Foot. Step Left Across In Front Of Right 右足前踢, 右足原地踏, 左足於右足前交叉踏
- 5-6 Point Right Toe Out To Right Side. Turn 1/4 Right On Ball Of Left. Step Right Beside Left 右足趾右點, 右轉90度右足併踏
- 7&8 Rock Left Out To Left. Recover Weight On Right. Cross Left Over Right
左足左下沉, 右足回復, 左足於右足前交叉踏
- 第二段** **1/4 Turn Shuffle Right, 1/2 Turn Shuffle Right, Back Rock/Recover, Kick Ball Change** 右轉1/4交換步, 右轉1/2交換步, 後下沉/回復, 踢交換步
- 1&2 Turn 1/4 Right & Step Right Forward. Step Left Beside Right. Step Forward Right 右轉90度右足前踏, 左足併踏, 右足前踏
- 3&4 Triple 1/2 Turn Right Stepping L, R, L 右轉180度小三步-左, 右, 左
- 5-6 Rock Back On Right. Recover Left 右足後下沉, 左足回復
- 7&8 Kick Right Forward. Step Down On Ball Of Right. Step Onto Left
右足前踢, 右足原地踏, 左足原地踏
- 第三段** **1/4 Pivot Left & Touch, Step Touch, Side Rock/Recover, Cross Shuffle**
左踏轉1/4 & 點, 踏點, 側下沉/回復, 交叉交換
- 1-2 Step Forward On Right. 1/4 Pivot Turn Left Bending Right Knee And Touch Left Toe To Left Diagonal As You Come Up (Facing Left Diagonal)
右足前踏, 左轉90度(右足膝蓋彎曲, 左足趾斜角線點, 面向左斜角線)
- 3-4 Step Down On Left Bending Left Knee And Touch Right Toe To Right Diagonal As You Come Up (Facing Right Diagonal)
左足原地踏(左足膝蓋彎曲), 右足趾右斜角線(面向右對角線)
- 5-6 Rock Right To Right Side. Recover On Left 右足右下沉, 左足回復
- 7&8 Right Cross Shuffle Stepping R, L, R 右交叉交換步-右, 左, 右
- 第四段** **1/4 Turn Right & Step Back, Side Step Right, Cross Rock/Recover, Ball Cross, Side Step, Ball Left, Cross Shuffle**
右轉1/4&後踏, 右側踏, 交叉下沉/回復, 交叉, 側踏, 左足掌, 交叉交換
- 1-2 Turn 1/4 Turn Right & Step Back On Left. Step Right To Right Side
右轉90度左足後踏, 右足右踏
- 3-4 Cross Rock Left Over Right. Recover On Right
左足於右足前交叉下沉, 右足回復
- & Step Left In Place (Slightly Back) 左足略向後踏
- 5-6 Cross Right Over Left. Step Left To Side
右足於左足前交叉踏, 左足左踏
- & Step Right In Place (Slightly Back) 右足略向後踏
- Easier alternative for 5-6&:
Cross right over left, point left to left side, leave out the "&" count and go straight into 7&8 5-6&簡易版: 右足於左足前交叉踏, 左足左點 (省略 & 拍直接跳7&8)
- 7&8 Left cross shuffle stepping L, R, L 左交叉交換步-左, 右, 左

- 第五段** **1/4 Turn Left & Step Back, 1/4 Turn Left & Step Forward, Shuffle Forward, Touch Left Forward, Flick 1/2 Turn Right, Shuffle Forward**
左轉1/4&後踏, 左轉1/4&前踏, 前交換步, 左前點, 抬右轉1/2, 前交換步
- 1-2 Turn 1/4 Left & Step Back On Right. Turn 1/4 Left & Step Forward On Left 左轉90度右足後踏, 左轉90度左足前踏
- 3&4 Step Right Forward. Step Left Beside Right. Step Right Forward
 右足前踏, 左足併踏, 右足前踏
- 5-6 Touch Left Toe Forward. Flick Left Toe Turning 1/2 Right On Ball Of Right 左足趾前點, 左足趾抬起以右足右轉180度
- 7&8 Step Left Forward. Step Right Beside Left. Step Left Forward
 左足前踏, 右足併踏, 左足前踏
- Alternative: Full Turn Shuffle Right Traveling Forward
 替代舞步:右前旋轉交換步

Restart:

3 Wall: At The Beginning Of This Wall The Music Will Fade, Dance Through It And On For 40 Counts And Start Again.
 第三面牆:音樂漸漸變弱, 跳40拍重頭跳起

ENDING:

AFTER counts 39-40 cross right over left, unwind 3/4 turn left to the front
 第五段最後二拍改右足於左足前交叉踏, 左旋繞270度面向前

- 第六段** **Step Right Forward, Hold, Ball Step Forward, Forward Rock/Recover, 1/2 Turn Left & Step Forward, Two Count Full Turn Traveling Forward**
右前踏, 候, 前踏, 前下沉/回復, 左轉1/2&前踏, 二拍旋轉
- 1-2 Step Right Forward. Hold 右足前踏, 候
- &3 Step Left Beside Right. Step Right Forward 左足併踏, 右足前踏
- 4-5 Rock Forward On Left. Recover On Right 左足前下沉, 右足回復
- 6 Turn 1/2 Left & Step Left Forward 左轉180度左足前踏
- 7-8 Turn 1/2 Left & Step Right Back. Turn 1/2 Left & Step Left Forward
 左轉180度右足後踏, 左轉180度左足前踏
- (Easier Alternative: Walk Forward Right, Left) 簡易版:走步-右, 左

- 第七段** **Weave Right, Side Shuffle, Back Rock/Recover**
右藤步, 側交換步, 後下沉/回復
- 1-2 Step Right To Right Side. Step Left Behind Right
 右足右踏, 左足於右足後踏
- 3-4 Step Right To Right Side. Cross Left Over Right
 右足右踏, 左足於右足前交叉踏
- 5&6 Step Right To Right Side. Step Left Beside Right. Step Right To Right Side 右足右踏, 左足併踏, 右足右踏
- 7-8 Rock Left Behind Right. Recover On Right
 左足於右足後下沉, 左足回復

- 第八段** **Weave Left, 1/4 Turn Shuffle, Back Rock/Recover**
左藤步, 1/4轉交換步, 後下沉/回復
- 1-2 Step Left To Left Side. Step Right Behind Left
 左足左踏, 右足於左足後踏
- 3-4 Step Left To Left Side. Cross Right Over Left
 左足左踏, 右足於左足前交叉踏
- 5&6 Step Left To Left Side. Step Right Beside Left. Turn 1/4 Right & Step Left Back 左足左踏, 右足併踏, 右轉90度左足後踏
- 7-8 Rock Right Back. Recover On Left 右足後下沉, 左足回復
-