

Islands In The Stream (河溪中的島嶼)

(zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Karen Jones (UK) - 1999年05月
音乐: Islands in the Stream - Dolly Parton & Kenny Rogers



- 第一段** **Side, Back Rock, Recover, Chasse Right, Cross, Full Turn, Chasse Left**
側, 後下沉, 回復, 右追步, 交叉, 轉圈, 左追步
- 1-3 Left Foot Step Side Left, Right Foot Rock Behind Left Left Foot, Recover Weight 左足左側踏, 右足在左足後下沉, 重心回復
- 4&5 Right Foot Side Step, Left Foot Close Next To Right, Right Foot Step To Right Side (向右追步)
- 6-7 Left Foot Cross Over Right, Unwind A Full Turn Right (Weight Ending On Right Foot) 左足交叉於右足前, 向右轉一圈
- 8&1 Left Foot Side Step, Right Foot Close Next To Left, Left Foot Step To Left Side (向左追步)
- 第二段** **Back Rock, Recover, Kick Ball Cross, Side Rock, Recover, Right Sailor Step** 後下沉, 回復, 踢交換交叉, 側下沉, 回復, 右水手步
- 2-3 Right Foot Rock Behind Left, Recover On To Left Foot 右足在左足後下沉, 左足回復
- 4&5 Right Foot Kick Diagonally Forward, Step Back Slightly On Ball Of Right Foot, Left Foot Cross Over Right 右足右前斜對角踢, 右足後踏, 左足在右足前交叉踏
- 6-7 Right Foot Rock Out To Right Side, Recover Weight On To Left Foot 右足右側下沉, 左足回復 (重心移至左足)
- 8&1 Right Foot Step Behind Left, Left Foot To Left Side, Right Foot Replace Slightly To Right Side (右水手步) 右足在左足後踏, 左足左側踏, 右足右側踏
- 第三段** **Left Sailor With ¼ Turn Left, Right Forward Shuffle, ½ Turn Back To Right, Hold, Rock Back, Recover Forward**
左轉1/4左水手步, 右前交換步, 右後轉1/2, 候, 後下沉, 前回復
- 2&3 Left Foot Behind Right, ¼ Left Stepping Right Foot To Right Side, Replace Left (左水手步左轉) 左足在右足後踏, 右足左轉右側踏, 左足踏
- 4&5 Right Shuffle Forward (Stepping Right Together Right) (往前交換步) 左足前踏, 右足踏並
- 6 Pivot ½ Turn Right Stepping Weight Back On To Left Foot While Pivoting On Ball Of Right Foot 以右足掌右後轉180度, 左足後踏 (重心左足)
- 7 Hold 候
- 8-1 Right Foot Rock Back, Recover Weight Forward On To Left Foot 右足後下沉, 左足前回復
- 第四段** **Prissy Walk Right, Left, Reverse Sailor Step, Syncopated Jazz Box**
右拘謹走步, 左, 反向水手步, 變奏爵士方塊

2-3 Right Foot Cross Over Left Angling Body To Left Corner, Left Foot Cross Over Right Angling Body To Right Corner
右足交叉於左足前，左足交叉於右足前

Alternative Easier Steps: 簡易版: 走步(右, 左)

Just Walk Forward Right Left On Balls Of Feet To Enable The Angling Of The Body

4&5 Right Foot Cross Over Left, Left Ball Of Foot Step To Left Side, Right Foot Replace Slightly To Right Side
右足交叉於左足前，左足掌左側踏，右足右側踏

Alternative Easier Steps: 簡易版

Triple In Place Right Left Right 小三步(右, 左, 右)

6-7 Left Foot Cross Over Right, Right Foot Step Back
左足交叉於右足前，右足後踏

&8 Left Foot Step Back Slightly Further Than Right Foot, Right Foot Cross Over Left 左足略在右足後踏，右足交叉於左足前
