

I Just Called (甜言蜜語) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Lana Harvey Wilson (USA)
音乐: I Just Called to Say I Love You - Stevie Wonder



第一段 SIDE ROCK, HOLD, RECOVER, FRONT CROSS x2 (側下沉, 候, 回復, 前交叉)2次

- 1-2 Rock R to right, hold 右足右下沉, 候
3-4 Recover weight to L, cross step R over L
左足回復, 右足於左足前交叉踏
5-6 Rock L to left, hold 左足左下沉, 候
7-8 Recover weight to R, cross step L over R
右足回復, 左足於右足前交叉踏

第二段 SIDE ROCK, HOLD, BACK ROCK, RECOVER x2 (側下沉, 候, 後下沉, 回復) 2次

- 1-2 Step R to right, hold 右足右踏, 候
3-4 Cross rock L behind R, recover weight to R
左足於右足後交叉下沉, 右足回復
5-6 Step L to left, hold 左足左踏, 候
7-8 Cross rock R behind L, recover weight to L
右足於左足後交叉下沉, 左足回復

第三段 SIDE, HOLD, CROSS BEHIND, 1/4 TURN, 1/2 PIVOT, WALK FWD 側, 候, 交叉後踏, 轉1/4, 踏轉1/2, 前走步

- 1-2 Step R to right, hold 右足右踏, 候
3-4 Step L behind R, step R 1/4 right
左足於右足後踏, 右轉1/4右足踏
5-6 Step L forward, pivot 1/2 turn right on balls of both feet weight ending on R 左足前踏, 用雙足右轉1/2重心
在右足
7-8 Walk forward L, R 走步(左, 右)

Optional Ending: On the 8th pattern (starting on back wall)

跳至第八面牆(面)向後面牆結束前

1-20 Dance as above 前20拍一樣

21 Step L ¼ right 左踏右轉90度

22&23 Cha in place RLR 恰恰-右, 左, 右

第四段 SIDE, HOLD, CROSS BEHIND, 1/4 TURN, 1/2 PIVOT, 1/2 PIVOT 側, 候, 交叉後踏, 轉1/4, 踏轉1/2, 踏轉1/2

- 1-2 Step L to left, hold 左足左踏, 候
3-4 Step R behind L, step L 1/4 left
右足於左足後踏, 左轉1/4左足踏
5-6 Step R forward, pivot 1/2 turn left on balls of both feet weight ending on L 右足前踏, 用雙足左轉1/2重心
在左足
7-8 Step R forward, pivot 1/2 turn left on balls of both feet weight ending on L 右足前踏, 用雙足左轉1/2重心
在左足

第五段 FWD, HOLD, BACK, ½ TURN, ROCKING CHAIR 前, 候, 後, 轉1/2, 搖椅步

- 1-2 Step R forward, hold 右足前踏, 候

- 3-4 Step back on L, turning ½ right on ball of L and step R forward
左足後踏, 用左足右轉1/2右足前踏
- 5-6 Rock forward L, recover back on R
左足前下沉, 右足後回復
- 7-8 Rock back on L, recover forward on R
左足後下沉, 右足前回復

第六段 FWD, HOLD, BACK, ½ TURN, ROCKING CHAIR
前, 候, 後, 轉1/2, 搖椅步

- 1-2 Step L forward, hold 左足前踏, 候
- 3-4 Step back on R, turning ½ left on balls of both feet and step L forward 右足後踏, 用雙足左轉1/2左足前踏
- 5-6 Rock forward on R, recover back on L
右足前下沉, 左足後回復
- 7-8 Rock back on R, recover forward on L
右足後下沉, 左足前回復

第七段 SIDE, BRUSH, CROSS, BACK, BACK, BRUSH, CROSS, BACK
側, 刷, 交叉, 後, 後, 刷, 交叉, 後

- 1-2 Step R to right, cross brush L over R
右足右踏, 左足於右足前交叉刷
- 3-4 Cross step L over R, step back on R
左足於右足前交叉踏, 右足後踏
- 5-6 Step back on L, cross brush R over L
左足後踏, 右足於左足前交叉刷
- 7-8 Cross step R over L, step back on L
右足於左足前交叉踏, 左足後踏

第八段 BACK ROCK, RECOVER, FWD, HOLD, FWD, HOLD, FULL TURN FWD
後下沉, 回復, 前, 候, 前, 候, 前轉圈

- 1-2 Rock back onto R, recover on L 右足後下沉, 左足回復
- 3-6 Step forward R, hold, step forward L, hold
右足前踏, 候, 左足前踏, 候

(Option on 3-6)

Turn 1/2 left stepping R back, hold, turn ½ left stepping L forward, hold)
左轉1/2右足後踏, 候, 左轉1/2左足前踏, 候

- 7-8 Turning ½ left step R back, turning ½ left step L forward
左轉1/2右足後踏, 左轉1/2左足前踏
(Option on 7-8: Walk forward R, L) 簡易版:走步(右, 左)
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