

Charanga (古巴曼波) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Rachael McEnaney (USA) - 2007年06月
音乐: La Charanga Cubaila (Radio Mix) - Cubaila



前奏: 16 counts from start of track, dance starts 32 counts before vocals 16拍後起跳(唱歌前32拍起跳)

- 第一段** **2 Walks forward, step ¼ pivot turn, ½ turn to right, left crossing shuffle** 二次走步, 踏轉1/4, 右轉1/2, 左交叉交換
- 1-2 Step forward on right (1), step forward on left (2) [12.00]
(1)右足前踏 (2)左足前踏 (12點鐘)
- 3&\$ Step forward on right (3), pivot ¼ turn left (&), cross right over left (4) [9.00] (3)右足前踏 (&)左轉90度 (4)右足於左足前交叉踏 (9點鐘)
- 5-6 Make ¼ turn right stepping back on left (5), make ¼ turn right stepping right to right side. [3.00]
(5)右轉90度左足後踏 (6)右轉90度右足右踏
- 7&8 Cross left over right (7), step right to right side (&), step left over right (8) [3.00]
(7)左足於右足前交叉踏 (&)右足右踏 (8)左足於右足前交叉踏 (3點鐘)
- 第二段** **Right rumba box (side together forward, side together back), right coaster cross, step clap x2**
右倫巴方塊(側併前, 側併後), 右交叉海岸步, 踏拍二次
- 1&2 Step right to right side (1), step left next to right (&), step forward on right (2) [3.00] (1)右足右踏 (&)左足併踏 (2)右足前踏 (3點鐘)
- 3&4 Step left to left side (3), step right next to left (&), step back on left (4) [3.00] (3)左足左踏 (&)右足併踏 (4)左足後踏 (3點鐘)
- 5&6 Step back on right (5), step left next to right (&), cross right over left (6) [3.00]
(5)右足後踏 (&)左足併踏 (6)右足於左足前交叉踏 (3點鐘)
- 7&8& Step left to left side (look left) (7), clap hands (&), step right to right side (look right) (8), clap hands (&) [3.00]
(7)左足左踏(向左看) (&)拍手 (8)右足右踏(向右看) (&)拍手 (3點鐘)
- 第三段** **Chasse left, ¼ sailor step right, Kick step touch, close, touch hitch cross.** 左追步, 右轉1/4水手步, 踢踏點, 併, 點抬交叉
- 1&2 Step left to left side (1), step right next to left (&), step left to left side (2) [3.00]
(1)左足左踏 (&)右足併踏 (2)左足左踏 (3點鐘)
- 3&4 Cross right behind left (3), make ¼ turn right stepping left next to right (&), step forward on right (4) [6.00]
(3)右足於左足後交叉踏 (&)右轉90度左足併踏 (4)右足前踏 (6點鐘)
- 5&6 Kick left foot forward (5), step left next to right (&), touch right to right side (6) [6.00]
(5)左足前踢 (&)左足併踏 (6)右足右點 (6點鐘)
- &7&8 Step right next to left (&), touch left to left side (7), hitch left knee (&), cross left over right (8) [6.00]
(&)右足併踏 (7)左足左點 (&)左足膝抬 (8)左足於右足前交叉踏 (6點鐘)
- RESTART** **on 8 th wall – you will begin the 9 th wall facing [3.00]**
T **第八面牆由此從頭跳起(3點鐘)**
- 第四段** **Side rock with ¼ turn left, left kick ball step, ½ pivot turn, step forward right, ½ left sailor**
側下沉左轉1/4, 左踢交換踏, 轉1/2, 踏前, 左1/2水手步
- 1&2 Rock right to right side (1), recover weight onto left making ¼ turn left (&), step forward on right (2) [3.00]
(1)右足右下沉 (&)左轉90度左足回復 (2)右足前踏(3點鐘)

- 3&4 Kick left foot forward (3), close ball of left next to right (&), step forward on right (4) [3.00]
(3)左足前踢 (&)左足併踏 (4)右足前踏(3點鐘)
- 5-6 Pivot ½ turn left – weight ends on left (5), step forward on right (6) [9.00] (5)左轉180度重心在左
足 (6)右足前踏(9點鐘)
- 7&8 Cross left behind right (7), make ¼ turn left stepping right next to left (&), make ¼ turn left
stepping forward on left. [3.00]
(7)左足於右足後交叉踏(&)左轉90度右足併踏(8)左轉90度左足前踏(3點鐘)
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