

Cross Our Hearts (祈禱) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音乐: Does Jesus Ever Cross Your Heart - Nancy Hays : (CD: Get In Line - ECS / Polka)



- 第一段** **Heel, Hook, Heel, Flick, Shuffle Forward; Jazz Box ¼ Turn Left**
踵勾, 踵抬, 前交换, 左1/4爵士方块带点
- 1&2& Touch Right Heel Forward, Hook Right Heel Over Left, Touch Right Heel Forward, Hitch And Flick Right Heel Up
右足踵前点, 右足踵於左足前勾, 右足踵前点, 右膝抬
- 3&4 Shuffle Forward Stepping Right Forward, Step Left Next To Right, Step Right Forward 前交换-右足前踏, 左足併踏, 右足前踏
- 5-8 Cross Left Over Right, Turn ¼ Left As You Step Right Back, Step Left Next To Right, Touch Right Next To Left (Weight Is On Left)
左足於右足前交叉踏, 左轉90度右足後踏, 左足併踏, 右足併点(重心在左足)
- 第二段** **Side Shuffle Right, ¼ Turn Left, Side Shuffle Left, ¼ Turn Left, ¼ Turn Left** 右交换, 左1/4左交换, 踏 1/4, 踏 1/4
- 1&2 Shuffle To Right Side Stepping Right To Right Side, Step Left Next To Right, Step Right To Right Side
右交换-右足右踏, 左足併踏, 右足右踏
- 3&4 Make A ¼ Turn Left As You Side Shuffle To Left Stepping Left To Left Side, Step Right Next To Left, Step Left To Left Side
左90度轉交换-左足左踏, 右足併踏, 左足左踏
- 5-6 Step Forward On Right, Turn ¼ Turn Left Shifting Weight To Left
右足前踏, 左轉90度重心在左足
- 7-8 Step Forward On Right, Turn ¼ Turn Left Shifting Weight To Left
右足前踏, 左轉90度重心在左足
- 第三段** **Heel Switches, Heel, Hook, Cross Tap Touch; Shuffle Forward, ½ Turn Right Shuffle Back** 踵收 踵收 踵抬点, 前交换, 右轉交换
- 1&2 Touch Right Heel Forward, Step Right Next To Left, Touch Left Heel Forward 右足踵前点, 右足併踏, 左足踵前点
- &3 Step Left Next To Right, Touch Right Heel Forward
左足併踏, 右足踵前点
- &4 Hitch Hook Right Crossing It Over Left And Tap Right Toe Crossed Over Left (Weight Is Still On Left)
右足抬, 右足趾於左足前交叉点(重心在左足)
- 5&6 Shuffle Forward Stepping Right Forward, Step Left Next To Right, Step Right Forward 前交换-右足前踏, 左足併踏, 右足前踏
- 7&8 Continue To Make Another ½ Turn Right As You Triple Back Left, Right, Left 右180度轉交换-左, 右, 左
- 第四段** **Back Coaster Step, Cross, Point Side, Cross, Turn ¼ Right Point Side, Cross, Point Side** 海岸步, 交叉点, 交叉 1/4点, 交叉点
- 1&2 Step Back On Right, Step Left Next To Right, Step Forward On Right
右足後踏, 左足併踏, 右足前踏
- 3-4 Cross Left Over Right, Point Right To Right Side (Weight Remains On Left)
左足於右足前交叉踏, 右足右点(重心在左足)
- 5-6 Cross Right Over Left, Turn ¼ Right As You Point Left To Left Side (Weight Is On Right) 右足於左足前交叉踏, 右轉90度左足左点(重心在右足)
- 7-8 Cross Left Over Right, Point Right To Right Side (Weight Is On Left)
左足於右足前交叉踏, 右足右点(重心在左足)

Ending

You will be at the front wall starting the dance from the beginning when the song is coming to an end. Dance counts 1-10. For the ending do a triple step 3&4 left, right, left as you turn $\frac{3}{4}$ turn to the left, facing the front, ending with your weight on your left and ending with the last beat of music

結束時, 面向前面牆跳至第二段2拍後, 原先左90度轉交換改成左270度轉交換面向前面牆, 重心在左足結束舞曲
