

Cry To Me (傷心戀人) (zh)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Paul McAdam (UK) - 2006年02月
音乐: Cry to Me - Solomon Burke : (Dirty Dancing Soundtrack)



前奏 : Start on Vocals Alternative music

第一段 SIDE, BACK, ROCK, RIGHT SHUFFLE, STEP PIVOT ½, ½ TURN SHUFFLE 側, 後, 下沉, 右交換, 踏轉1/2, 1/2轉交換

- 1,2,3 Step left foot to left side, rock back on right foot, recover weight forward on left foot 左足左踏, 右足後下沉, 左足前回復
- 4&5 Right shuffle forward 右前交換步
- 6,7 Step forward on left foot, pivot ½ turn to right
左足前踏, 右軸轉180度(6:00)
- 8&1 Make a ¼ turn right stepping left foot to left side, step right foot together, make a ¼ turn right stepping back on left foot
右轉90度左足左踏, 右足併踏, 右轉90度左足後踏(12:00)

第二段 ¼ SIDE, CROSS, SIDE, ROCK, CROSS, ROCK DIAGONAL, BEHIND, SIDE, CROSS 側轉1/4, 交叉, 側, 下沉, 交叉, 斜角下沉, 後, 側, 交叉

- 2,3 Make a ¼ turn right and step right foot to right side, cross left foot over right 右轉90度右足右踏, 左足於右足前交叉踏(3:00)
- 4&5 Rock right foot to right side, recover weight onto left foot, cross right foot over left 右足右下沉, 左足回復, 右足於左足前交叉踏
- 6,7 Rock left foot to left diagonal, recover weight onto right foot
左足左斜角線下沉, 右足回復
- 8&1 Cross left foot behind right foot, step right foot to right side, cross left foot over right foot
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

第三段 ROCK DIAGONAL, BEHIND ¼ TURN, MAMBO ½ TURN, RIGHT SHUFFLE 右斜角線, 後轉1/4, 1/2轉曼波, 右交換

- 2,3 Rock right foot to right diagonal, recover weight onto left foot
右足於右斜角線下沉, 左足回復
- 4&5 Cross right foot behind left foot, make a ¼ turn left and step forward on left foot, step forward on right foot
右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏(12:00)
- 6&7 Rock forward on left foot, recover weight onto right foot, make a ½ turn left and step forward on left foot
左足前下沉, 右足回復, 左轉180度左足前踏(6:00)
- 8&1 Right shuffle forward 右前交換步

第四段 2 WALKS FORWARD, ROCK & SIDE, TOGETHER, TOGETHER SIDE X 2 二次前走, 下沉 & 側, 併, 併側二次

- 2,3 Walk forward on left foot, walk forward on right foot
左足前走, 右足前走
- 4&5 Cross rock left foot over right foot, recover weight onto right foot, step left foot to left side
左足於右足前交叉下沉, 右足回復, 左足左踏
- 6&7 Step right foot next to left foot, step left foot in place, step right foot to right side 右足併踏, 左足踏, 右足右踏

8& Step left foot next to right foot, step right foot in place
左足併踏, 右足踏
