

Brazil (巴西嘉年華) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 2 级数: Beginner
编舞者: Frank Trace (USA) - 2008年10月
音乐: Brazil - Bellini



前奏: Start dance after slight pause in music, which is 48 counts in from beginning.

第一段 Shuffle Box Turning 3/4 To Left 左轉3/4交換方塊

- 1&2 Step Right to right side, step Left together, step Right to right side 右足右踏, 左足併踏, 右足右踏
& Turn 1/4 left 左轉90度
- 3&4 Step Left to left side, step Right together, step Left to left side
左足左踏, 右足併踏, 左足左踏
& Turn 1/4 left 左轉90度
- 5&6 Step Right to right side, step Left together, step Right to right side 右足右踏, 左足併踏, 右足右踏
& Turn 1/4 left 左轉90度
- 7&8 Step Left to left side, step Right together, step Left to left side (3:00) 左足左踏, 右足併踏, 左足左踏(面向3點鐘)

Optional arm movements: Wave arms over head to the right on right side shuffles, to the left on left side shuffles, etc.

可加列手臂的動作: 手臂舉超過頭部, 右交換步向右擺, 左交換步向左擺

第二段 Rock Forward, Recover, Shuffle 1/2 Turn, Shuffle 1/2 Turn, Rock Back, Recover 前下沉回復, 轉1/2交換步, 轉1/2交換步, 後下沉回復

- 1-2 Rock forward on Right, recover onto Left 右足前下沉, 左足回復
- 3&4 Shuffle R, L, R turning 1/2 right (moving back)
右轉180度交換步-右, 左, 右(向後移)
- 5&6 Shuffle L, R, L turning 1/2 right (moving back)
右轉180度交換步-左, 右, 左(向後移)
- 7-8 Rock back on Right, recover onto Left (3:00)
右足後下沉, 左足回復(面向3點鐘)

第三段 Toe Struts Forward With Hip Bumps 帶擺臀前趾踵步

- 1&2 Step Right toe forward as you bump hips right, (&) bumps hips left, drop Right heel as you bump hips right
右足趾前踏右擺臀, 左擺臀, 右足踵踏右擺臀
- 3&4 Step Left toe forward as you bump hips left, (&) bumps hips right, drop Left heel as you bump hips left
左足趾前踏左擺臀, 右擺臀, 左足踵踏左擺臀
- 5&6 Step Right toe forward as you bump hips right, (&) bumps hips left, drop Right heel as you bump hips right
右足趾前踏右擺臀, 左擺臀, 右足踵踏右擺臀
- 7&8 Step Left toe forward as you bump hips left, (&) bumps hips right, drop Left heel as you bump hips left
左足趾前踏左擺臀, 右擺臀, 左足踵踏左擺臀

第四段 Rock Forward, Recover 1/4 Turn Right, Side Shuffle, Cross Rock, Recover, Coaster 前下沉回復, 右轉1/4, 側交換, 交叉下沉回復, 海岸步

- 1-2 Rock forward on Right, recover onto Left turning 1/4 to right (6:00)
右足前下沉, 右轉90度左足回復
- 3&4 Side shuffle stepping Right, Left, Right 側交換-右, 左, 右
- 5-6 Cross rock Left over Right, recover onto Right
左足於右足前交叉下沉, 右足回復

7&8

Coaster step: Step back on Left, step Right together, step L forward
海岸步:左足後踏, 右足併踏, 左足前踏
