

Evacuate The Dancefloor (縱橫舞池)

(zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate/Advanced
编舞者: Craig Bennett (UK) - 2009年07月
音乐: Evacuate the Dancefloor - Cascada



第一段 Walk, Walk, Rock And Cross, Hold, Behind, Hold Out, Out 走, 走, 下沉&交叉, 候, 後, 候, 外, 外

- 1-2 Walk forward right, walk forward left 右足前走, 左足前走
- 3&4 Make a ¼ turn left rocking right to right side (9:00), Recover onto left, cross right over left
左轉90度右足右下(面向9點鐘), 左足回復, 右足於左足前交叉踏
- 5&6 Hold on count 5, step left to left side, cross right behind left
候, 左足左踏, 右足於左足後交叉踏
- 7&8 Hold on count 7, Step left to left side, step right to right side
候, 左足左踏, 右足右踏

第二段 Jazz Box With ¼, Side Shuffle, Jazz Box With ¼, Side Shuffle 爵士方塊轉1/4, 側交換, 爵士方塊轉1/4, 側交換

- 1-2 Step weight onto left, Cross right over left, step back on to left making ¼ turn left (12:00)
左足踏, 右足於左足前交叉踏, 左足後踏, 左轉90度(面向12點鐘)
- 3&4 Right to right side, left in place, step right to right side
右足右踏, 左足踏, 右足右踏
- 5-6 Cross left over right, step back onto right making ¼ turn left (9:00)
左足於右足前交叉踏, 左轉90度右足後踏(面向9點鐘)
- 7&8 Left to left side, right in place, left to left side
左足左踏, 右足踏, 左足左踏

第三段 Cross Full Turn, Right Side Shuffle, Behind, Side, Cross, Point 交叉轉圈, 右側交換, 後, 側, 交叉, 點

- 1-2 Cross right over left, unwind a full turn left
右足於左足前交叉踏, 左繞轉圈
- 3&4 Step right to right side, left in place, step right to right side
右足右踏, 左足踏, 右足右踏
- 5-6 Step left behind right, Step right to right side
左足於右足後踏, 右足右踏
- 7-8 Cross left over right, point right to right side
左足於右足前交叉踏, 右足右點

第四段 ½ Monterey, ¼ Monterey, Kick Ball Step, Bump, Bump 1/2蒙特瑞轉, 1/4蒙特瑞轉, 踢交換踏, 推臀, 推臀

- 1-2 Make ½ turn over right stepping right in place, point left to left side (3:00) 右轉180度右足踏, 左足左點(面向3點鐘)
- 3-4 Make a ¼ turn left stepping left in place, point right to right side
左轉90度左足踏, 右足右點
- 5&6 kick right forward, step right in place, step forward onto left
右足前踢, 右足踏, 左足前踏

7-8 Bump left hip forward, bump left hip back 左前推臀, 左後推臀

第五段 Cross, Hold, Cross And Heal, Rock Recover, Coaster Step
交叉, 候, 交叉& ??, 下沉回復, 海岸步

&1-2 Step left to left side making ¼ turn right, cross right over left, hold 右轉90度左足左踏, 右足於左足前交叉踏

&3&4 Step left to left side, cross right over left, step onto left as you place right heal forward 左足左踏, 右足於左足前交叉踏, 左足踏於右足踵前???

&5-6 Step right in place, rock forward onto left, recover back onto right 右足踏, 左足前下沉, 右足回復

7&8 Step back onto left, step right in place, step forward onto left 左足後踏, 右足踏, 左足前踏

第六段 Rock Recover, ½ Turn Shuffle, Step 1/2, Coaster Step
下沉回復, 1/2轉交換, 踏轉1/2, 海岸步

1-2 Rock forward onto right, Recover back onto left 右足前下沉, 左足回復

3&4 ½ turn stepping forward onto right, step left in place, Step forward onto right 右轉180度右足前踏, 左足踏, 右足前踏

5-6 Step forward onto left, Make ½ turn left stepping back onto right 左足前踏, 左轉180度右足後踏

7&8 Step back onto left, step right in place, Step forward onto left 左足後踏, 右足踏, 左足前踏

第七段 Jazz Box, Shuffle Side, Flick, ¼ Rock, Recover, Left Shuffle Forward
爵士方塊, 側交換, 抬, 1/4下沉回復, 左前交換

1-2 Cross right over left, make ¼ turn right stepping back onto left 右足於左足前交叉踏, 右轉90度左足後踏

3&4 Step right to right side, step left next to right, step right to right flicking left tot left side 右足右踏, 左足併踏, 右足右踏左足趾左抬

5-6 Make ¼ turn left rocking forward onto left, recover back onto right 左轉90度左足前下沉, 右足回復

7&8 Step forward onto left, step right in place, step forward onto left 左足前踏, 右足踏, 左足前踏

第八段 Step 1/2, ¼ Side Shuffle, Rock, Recover, Coaster Step
踏轉1/2, 1/4側轉交換, 下沉回復, 海岸步

1-2 Step forward onto right, make a half turn over left 右足前踏, 左轉180度

3&4 ¼ turn right stepping right to right side, step left next to right, step right to right side 右轉90度右足右踏, 左足併踏, 右足右踏

5-6 Rock forward onto left, recover onto right 左足前下沉, 右足回復

7&8 Step back onto left, step right in place, step forward onto left 左足後踏, 右足踏, 左足前踏
