

Bleeding Love (蔓延的愛) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermidate
编舞者: Claire Ball (UK) & Steve Mason (UK) - 2007年10月
音乐: Bleeding Love - Leona Lewis



前奏 : 32 COUNT INTRO 32拍後起跳

第一段 KICK BALL POINT X 2, SAILOR STEP, SAILOR ¼ TURN 踢交換步點二次, 水手步, 轉1/4水手步

1&2 Kick right foot forward, step right foot next to left, point left foot to left side (12) 右足前踢, 右足併踏, 左足左點

3&4 Kick left foot forward, step left foot next to right, point right foot to right side 左足前踢, 左足併踏, 右足右點

Big Finish:

On the 12th Rotation of the dance you will be facing the 3 O'clock wall, just do the first 8 counts of the dance (Sailor 1 / 4 turn left to face 12 O'clock) then, Cross Right foot over Left foot, Unwind Full Turn..Ta Daa!!!

轉第十二次面向三點鐘方向, 第八拍(左轉90度水手步, 面向12點鐘)時, 右足於左足前交叉踏, 旋繞一圈

5&6 Cross right foot behind left foot, step left foot to left side, step right foot to right side
右足於左足後交叉踏, 左足左踏, 右足右踏

7&8 Cross left foot behind right foot making ¼ turn left, step right foot to right side, step left foot to left side (9)
左足於右足後左轉90度交叉踏, 右足右踏, 左足左踏 (9點鐘)

第二段 ROCK FORWARD, RECOVER, SHUFFLE BACK, ½ SHUFFLE TURN, STEP ½ PIVOT STEP 前下沉, 回復, 後交換, 轉1/2交換, 踏轉1/2

1-2 Rock step forward on right, recover weight to left foot (9)
右足前下沉, 左足回復(9點鐘)

3&4 Step back on right foot, lock step left foot over right foot, step back on right foot 右足後踏, 左足於右足前鎖步踏, 右足後踏

5&6 Making a ½ turn left, step on left foot, close right foot to left foot, step forward on left foot (3)
左轉180度左足踏, 右足併踏, 左足前踏 (3點鐘)

7&8 Step forward on right foot, pivot ½ turn left, step forward on right foot (9) 右足前踏, 左轉180度, 右足前踏 (9點鐘)

第三段 STEP, TOUCH, HEEL JACK, TOUCH, 1/2 MONTEREY TURN, BALL, WALK, WALK 踏, 點, 側點跳, 點, 1/2蒙特瑞轉, 原地踏, 走, 走

1-2 Step forward on left foot, touch right foot behind left foot (9)
左足前踏, 右足於左足後點(9點鐘)

&3&4 Step back onto right foot, touch left heel forward, step left foot next to right foot, touch right foot beside left foot
右足後踏, 左足踵前點, 左足併踏, 右足於左足併點

5&6 Point right foot to right side, ½ Monterey turn right, point left foot to left side (3) 右足右點, 右轉180度蒙特瑞轉, 左足左點(3點鐘)

&7-8 Step left foot next to right foot, walk forward on right foot, walk forward on left foot 左足併踏, 右足前踏, 左足前踏

第四段 CROSS, BALL, STEP, SIDE, CROSS, ½ UNWIND, HITCH, BALL, STEP

1-2& Cross right foot over left foot, step back on left foot, step right foot to right side (3)
右足於左足前交叉踏, 左足後踏, 右足右踏(3點鐘)

3-4 Cross step left foot over right foot, step right foot to right side 左足於右足前交叉踏, 右足右踏

5-6 Cross step left foot behind right foot, unwind ½ turn left (9)
左足於右足後交叉踏, 左旋繞180度 (9點鐘)

7&8 Hitch right knee, step right foot next to left foot, step forward on left foot 右膝蓋抬起, 右足併踏, 左足前踏

TAG: At the END of the 3rd wall, ADD the following 8 count tag (3 O'clock Wall)
第三面牆結束, 加八拍(3點鐘方向)

STEP HIP SWAYS, JAZZ BOX 踏 擺臀, 爵士方塊

- 1-4 Step diagonally forward on right foot swaying hips forward, sway back, sway forward, sway back
右足斜角線前踏前擺臀, 後擺臀, 前擺臀, 後擺臀
- 5-8 Cross right foot over left foot, step back on left foot, step right foot to right side, step forward on left foot
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏
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