

Beauty From Pain (傷痛的美麗) (zh)

COPPER KNOB
STEPSHETS

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Pam Leader (USA) - 2008年12月
音乐: Beauty from Pain - Superchick



前奏: Start dance 12 counts into the song (at the start of the lyrics) 12拍後唱歌起跳

第一段 L Twinkle Step, R Twinkle With A ½ Turn R 左華士步, 右華士步右轉1/2

1-3 Cross L over R, step R to R, step L to L
左Twinkle 左足於右足前交叉踏, 右足右踏, 左足左踏

4-6 Cross R over L, ½ turn to the right and step back on L, step R to R (6:00)
交叉 轉 右 右足於左足前交叉踏, 右轉180度左足後踏, 右足右踏

第二段 PRESS L, RECOVER, TOUCH L, STEP L, SWEEP ¼ TURN L 左踏, 回復, 左點, 左踏, 左繞轉1/4

1-3 Press L forward, Recover R, Touch L to R
踏 回復 點 左足前踏, 右足回復, 左足併點

4-6 Step L forward, Sweep R around into a ¼ turn to the left for 2 counts (3:00) 左足前踏, 右足以2拍繞轉90度(面向3點鐘)

第三段 Cross R Over L, Syncopated Weave, Cross R Over L, Syncopated Weave 右足於左足前交叉, 變奏藤步, 右足於左足前交叉, 變奏藤步

1,2&3 Cross R over L, Step L to L, Step R behind L, Step L to L
交叉 藤步 右足於左足前交叉踏, 左足左踏, 右足於左足後踏, 左足左踏

4,5&6 Cross R over L, Step L to L, Step R behind L, Step L to L (3:00)
交叉 藤步 右足於左足前交叉踏, 左足左踏, 右足於左足後踏, 左足左踏(面向3點鐘)

第四段 Rock R, Recover, Step R, Sweep ½ Turn R 右下沉回復, 右踏, 右繞轉1/2

1-3 Cross R over L, Recover L, Step R to R
交叉回復 右 右足於左足前交叉下沉, 左足回復, 右足右踏

4-6 Sweep L into a ½ turn to the right for 3 counts (9:00)
轉180 左足以3拍右繞轉180度(面向9點鐘)

*RESTART here on wall 4 – change sweep to a ¾ turn to the right ending up at the 6:00 wall for a restart on the back wall

第四面牆跳至此, 改右轉270度面向6點鐘即後面牆從頭起跳

第五段 Jazz Box With ¼ Turn L, Jazz Box With ¼ Turn L 左轉90度爵士方塊, 左轉90度爵士方塊

1-3 Cross L over R, Step R back into ¼ turn to the left, Step L back
交叉 90 後 左足於右足前交叉踏, 右足後踏左轉90度, 左足後踏

4-6 Step R back, Step L to L into a ¼ turn to the left, Step R forward (3:00) 右足後踏, 左足左踏左轉90度, 右足前踏(面向3點鐘)

第六段 Make 3/4 Turn Walk Around To The Left 以走步左轉270度

1-3 Step L into 1/8 turn L, Step R into 1/8 turn L, Step L into a 1/8 turn L 左足踏左轉45度, 右足踏左轉45度, 左足踏左轉45度

4-6 Step R into 1/8 turn L, Step L into 1/8 turn L, Step R into a 1/8 turn L (6:00)
走走走 右足踏左轉45度, 左足踏左轉45度, 右足踏左轉45度(面向6點鐘)

第七段 **Step L, Rock R, Recover L, Step R, Rock L, Recover R**
左踏, 右下沉, 左回復, 右踏, 左下沉, 右回復

1-3 Step L to L, Rock R behind L, Recover L
左 下沉回 左足左踏, 右足於左足後下沉, 左足回復
復

4-6 Step R to R, Rock L behind R, Recover R (6:00)
右 下沉回 右足右踏, 左足於右足後下沉, 右足回復(面向6點鐘)
復

第八段 **Step L, Cross R Behind L, Full Turn Unwind Ronde**
左踏, 右於左後交叉, 轉圈

1-3 Step L to L, Cross R behind L, Hold
左 交叉 候 左足左踏, 右足於左足後交叉踏, 候

4-6 Unwind full turn to the R finishing with a Ronde to start the dance over (6:00) 右繞轉圈(面向6點鐘)
Full Turn
