

# East To West (全部的爱) (zh)

COPPER KNOB  
BY STEPHEN T. S.

拍数: 96      墙数: 2      级数: Intermediate  
编舞者: Larry Hayden (UK) - 2006年03月  
音乐: From Coast to Coast - Modern Talking



- 第一段 Side together, Chasse ¼ turn, Pivot ½ turn, Shuffle forward**  
**側併, 轉1/4追步, 轉1/2, 前交換**
- 1,2 Step right to the right, step left next to right  
右足右踏, 左足併踏
- 3&4 Chasse to right with ¼ turn right (on count 4)  
右追步(右足右踏, 左足併踏, 右轉90度右足前踏)
- 5,6 Step forward on left, ½ pivot turn right 左足前踏, 右轉180度
- 7&8 Shuffle forward on left, right, left 前交換步-左, 右, 左
- 第二段 Rock & Cross x2, Cross back back (3 counts of a jazz box), Cross**  
**下沉 交叉 2次, 交叉 後 後(3拍爵士方塊), 交叉**
- 1&2 Rock right to right side, recover onto left, cross right over in front of left 右足右下沉, 左足回復, 右足於左足前交叉踏
- 3&4 Rock left to left side, recover onto right, cross left over in front of right 左足左下沉, 右足回復, 左足於右足前交叉踏
- 5,6 Step right over left, step back on left  
右足於左足前踏, 左足後踏
- 7,8 Step right to right side, cross left over right  
右足右踏, 左足於右足前交叉踏
- 第三段 Back back, Coaster, Rock Shuffle ½ turn**  
**後 後, 海岸步, 下沉 1/2轉交換**
- 1,2 Step back on right, step left to left side 右足後踏, 左足左踏
- 3&4 Right coaster step 右海岸步
- 5,6 Rock forward on left, recover on right 左足前下沉, 右足回復
- 7&8 Shuffle ½ turn left stepping left right left  
左轉180度交換步-左, 右, 左
- 第四段 Rock ¼ turn, Cross shuffle, ½ Turn, Cross shuffle**  
**轉1/4下沉, 交叉交換, 轉1/2, 交叉交換**
- 1,2 Turn ¼ Left and rock right to right side, recover onto left  
左轉90度右足右下沉, 左足回復
- 3&4 Cross right over left, step left to left side, cross right over left  
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 5,6 Turn ¼ right stepping back on left, turn ¼ right stepping right to right side 右轉90度左足後踏, 右轉90度右足右踏
- 7&8 Cross left over right, step right to right side, cross left over right  
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- 第五段 Monterey ½ turn x 2 1/2特瑞轉2次**
- 1,2 Point right to right side, turn ½ right stepping right next to left  
右足右點, 右轉180度右足併踏

- 3,4 Point left to left, step left next to right 左足左點, 左足併踏
- 5,6 Point right to right side, turn ½ right stepping right next to left  
右足右點, 右轉180度右足併踏
- 7,8 Point left to left, step left next to right  
左足左點, 左足併踏

**第六段 Kick ball step, step touch behind x 2 R then L  
(踢交換, 前踏後點) 2次 右 & 左**

- 1&2 Kick right forward, step down on ball of right foot, step forward on left 右足前踢, 右足踏, 左足前踏
- 3,4 Step forward on right and touch left behind 右足前踏, 左足後點
- 5&6 Kick left forward, step down on ball of left, step forward on right  
左足前踢, 左足踏, 右足前踏
- 7,8 Step forward on left and touch right behind  
左足前踏, 右足後點

**第七段 Rock recover, 2 x ½ shuffles, rock recover  
下沉回復, 2次1/2轉交換, 下沉回復**

- 1,2 Rock forward on right, recover  
右足前下沉, 左足回復
- 3&4 Turning a half turn over right shoulder shuffle forward right, left, right 右轉180度交換步-右, 左, 右
- 5&6 Turning a half turn over right shoulder shuffle forward left, right, left 右轉180度交換步-右, 左, 右
- 簡易版 or just 2 shuffles back right then left  
右 & 左各一次後交換步
- 7,8 Rock back on right, recover 右足後下沉, 左足回復

**第八段 Cross side, Sailor with a Dig, step x 2 Right then left  
側交叉, (水手步帶點 踏)右 左各一次**

- 1,2 Cross right over left, step left to left side  
右足於左足前交叉踏, 左足左踏
- 3&4& Cross right behind left, step left to left side, dig right heel forward, step down on right  
右足於左足後交叉踏, 左足左踏, 右足踵前點, 右足踏
- 5,6 Cross left over right, step right to right side  
左足於右足前交叉踏, 右足右踏
- 7&8& Cross left behind right, step right to right side, dig left heel forward, step down on left  
左足於右足後踏, 右足右踏, 左足踵前點, 左足踏

**第九段 Cross rock recover, Chasse, Cross rock recover, Sailor ½ turn  
交叉下沉回復, 追步, 交叉下沉回復, 1/2轉水手**

- 1,2 Cross rock right over left, recover  
右足於左足前交叉下沉, 左足回復
- 3&4 Chasse right 右追步
- 5,6 Cross rock left, recover 左足交叉下沉, 右足回復
- 7&8 Left sailor step turning ½ turn left 左水手步左轉180度

**第十段 Cross rock recover, Chasse, Cross rock recover, Sailor ½ turn  
交叉下沉回復, 追步, 交叉下沉回復, 1/2轉水手**

- 1,2 Cross rock right over left, recover  
右足於左足前交叉下沉, 左足回復
- 3&4 Chasse right 右追步
- 5,6 Cross rock left, recover 左足交叉下沉, 右足回復

7&8 Left sailor step turning ½ turn left 左水手步左轉180度

**第十一段 Chasse, Rock back recover, Kick ball cross x 2**  
追步, 後下沉回復, 踢交叉交換 2次

1&2 Chasse right 右追步

3,4 Rock back on left, recover 左足後下沉, 右足回復

5&6 Left kick ball cross 左足前踢, 左足踏, 右足於左足前交叉踏

7&8 Left kick ball cross 左足前踢, 左足踏, 右足於左足前交叉踏

**第十二段 Chasse, Rock back recover, Kick ball cross x 2**  
追步, 後下沉回復, 踢交叉交換 2次

1&2 Chasse left 左追步

3,4 Rock back on right, recover 右足後下沉, 左足回復

5&6 Right kick ball cross 右足前踢, 右足踏, 左足於右足前交叉踏

7&8 Right kick ball cross 右足前踢, 右足踏, 左足於右足前交叉踏

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