

Forget Me Not (勿忘我) (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver waltz
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音乐: Forget Me Not (勿忘我)



Intro : 32 Count start on vocal (Approx. 21 Seconds Into Track) 4:00 iTunes ,78 bpm
Tag : 6 count After end of wall 3 and Wall 6

SECTION 1: Twinkle Steps

1-3 Behind Rf over Lf , Step Lf to Left diagonal(10:30), Step Rf next to Lf.
4-6 Behind Lf over Rf , Step Rf to right diagonal(1:30), Step Lf next to Rf.
1-3 右足 交叉左足後下沉(1), 左足斜前踏(10:30)(2), 右足併踏左足旁(3)
4-6 左足 交叉右足後下沉(4), 右足斜前踏(1:30)(5), 左足併踏右足旁(6)

SECTION 2 : Twinkle Steps

1-3 Behind Rf over Lf , Step Lf to Left diagonal(10:30), Step Rf next to Lf.
4-6 Behind Lf over Rf , Step Rf to right, Step Lf next to Rf.(12:00)
1-3 右足 交叉左足後下沉(1), 左足斜前踏(2), 右足併踏左足旁(3)
4-6 左足 交叉右足後下沉(4), 右足斜前踏(5), 左足併踏右足旁(6)

SECTION 3: Basic Back Waltz, Recover, Chasse

1-3 Step back on Rf, Step Lf next to Rf, Behind Rf over Lf
4, 5 & 6 Recover on Lf, Step Rf to right side ,Step Lf next to Rf, Step Rf to right side.
1-3 右足退(1), 左足踏併右足旁(2), 右足 交叉左足後下沉(3)
4,5&6 重心回左足(4), 右足右踏(5), 左足併右足旁(&), 右足右踏(6)

SECTION 4: Cross, Recover, Side, Counterclockwise unwind, Side

1-3 Step Lf cross over Rf, Recover on Rf, Step Lf to left side(12:00)
4-6 Cross Rf over Lf , Counterclockwise Turn left circle, Step Lf to left side
1-3 左足交叉右足前下沉(1), 重心退回右足(2), 左足回踏右足旁(3)
4-6 右足交叉左足左旁(4), 反時針向左旋轉一圈(5), 左足左旁踏(6)

SECTION 5: Cross, Recover, Side, Cross, Recover, Side,

1-3 Cross Rf over Lf, Recover on Lf, Step Rf beside Lf
4-6 Cross Lf over Rf, Recover on Rf, Step Lf beside Rf
1-3 右足交叉左足前下沉(1), 重心回左足(2), 右足回踏左足旁(3)
4-6 左足交叉右足前下沉(4), 重心退回右足(5), 左足回踏右足旁(6)

SECTION 6: Forward, Sweep 1/4 Turn Right, Twinkle 1/2 turn Left

1-3 Step Rf forward (1), Sweep Lf 1/4 turn right (2,3)(3:00)
4-6 Step Lf Forward, Step Rf back, making turn left (12:00), step Lf to left, making 1/4 turn left (9:00)
1-3 右足前踏(1), 左足前繞右轉1/4(2-3)(3:00)。
4-6 左足前踏(4), 右足退左轉1/4(12:00)(5), 左轉1/4(9:00)左足左旁踏(6)

SECTION 7: Basic Forward Waltz, Basic back Waltz

1-3 Step forward on Rf, Step Lf next to Rf, Step Rf next to Lf(9:00)
4-6 Step back on Lf, Step Rf next to Lf, Step Lf next to Rf
1-3 華爾滋前進基本步 右足前(1), 左足併右足旁(2), 右足原地踏(3)(9:00)
4-6 華爾滋後退基本步 左足退(4), 退右足(5), 左足併右足旁(6)

SECTION 8: Twinkle 1/2 Turn Left, Forward sliding x2

1-3 Step Rf back, Step Lf forward, making 1/2 turn left (3:00), Step Rf next to Lf

- 4 – 6 Step Lf forward out Sliding, Step Rf forward out Sliding, Step Lf next to Rf
1 – 3 右足退(1), 左轉1/2左足前踏(2), 右足併左足旁(4)
4 – 6 左足前滑步(4), 右足前滑步(5), 左足併踏右足旁(6)

TAG : 6 counts After end wall 3(9 o`clock) and wall 6(6 o`clock)

- 1 – 3 Step Rf to side, making a slow hip bump right
4 – 6 Step Lf to side, making a slow hip bump left
1 – 3 右足右踏(1), 身體慢速右搖(2-3)
4 – 6 左足左踏(4), 身體慢速左搖(5-6)

Proposal : Hand movements refer to the demo
手的動作請參考影片。

Have fun!!! Happy Dance

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