

Brave Cha Cha (放膽愛恰恰) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Brave - Jennifer Lopez



前奏: Start on vocals 唱歌起跳

第一段

1-3 **Side Rock Step, Side Close Side, Rock Step, Side Close 1/4 Turn Rt** 側下沉踏, 側併側, 下沉踏, 側併右轉1/4
Step Rt to Rt, Rock Lt fwd and across Rt, Replace weight Rt
右足右踏, 左足於右足前交叉下沉, 右足回復

4&5 **Side Close Side, Rock Step, Side Close 1/4 Turn Rt** 側併側, 側下沉踏, 側併右轉1/4
Step Lt to Lt, Step Rt next to Lt, Step Lt to Lt
左足左踏, 右足併踏, 左足左踏

6-7 **Side Close Side, Rock Step, Side Close 1/4 Turn Rt** 側併側, 側下沉踏, 側併右轉1/4
Rock Rt fwd and across Lt, Replace weight Lt
右足於左足前交叉下沉, 左足回復

8&1 **Side Close Side, Rock Step, Side Close 1/4 Turn Rt** 側併側, 側下沉踏, 側併右轉1/4
Step Rt to Rt, Step Lt next to Rt, Step Rt a 1/4 turn fwd Rt
右足右踏, 左足併踏, 右轉90度右足前踏

第二段

2-3 **Step 1/2 Turn, Triple Spin, Back, Drag, Step Lock Forward** 踏轉1/2, 三步旋轉, 後, 拖, 踏鎖前
Step Lt fwd, Make 1/2 Rt (weight Rt)
左足前踏, 右轉180度(重心在右足)

4&5 **Step 1/2 Turn, Triple Spin, Back, Drag, Step Lock Forward** 踏轉1/2, 三步旋轉, 後, 拖, 踏鎖前
Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping fwd Rt, Make 1/2 turn Rt stepping back Lt
右轉180度左足後踏, 右轉180度右足前踏, 右轉180度左足後踏
(Easy option: Make 1/2 turn Rt stepping back Lt, Rt, Lt)
簡易版: 小三步右轉180度(左, 右, 左)

6-7 **Step 1/2 Turn, Triple Spin, Back, Drag, Step Lock Forward** 踏轉1/2, 三步旋轉, 後, 拖, 踏鎖前
Step Rt a large step back, Drag Lt next to Rt (weight Lt)
右足右後一大步, 左足拖併踏(重心在左足)

8&1 **Step 1/2 Turn, Triple Spin, Back, Drag, Step Lock Forward** 踏轉1/2, 三步旋轉, 後, 拖, 踏鎖前
Step Rt fwd, Lock Lt behind Rt, Step Rt fwd
右足前踏, 左足於右足後鎖踏, 右足前踏

第三段

2-3 **Cross, Back, Step Lock Back, Full Turn, Sweep Sailor Step** 交叉, 後, 踏鎖後, 轉圈, 旋繞水手步
Rock Lt fwd and across Rt, Replace weight Rt
左足於右足前交叉下沉, 右足回復

4&5 **Cross, Back, Step Lock Back, Full Turn, Sweep Sailor Step** 交叉, 後, 踏鎖後, 轉圈, 旋繞水手步
Step back Lt, Lock Rt in front of Lt, Step back Lt
左足後踏, 右足於左足前鎖踏, 左足後踏

6-7 **Cross, Back, Step Lock Back, Full Turn, Sweep Sailor Step** 交叉, 後, 踏鎖後, 轉圈, 旋繞水手步
Make 1/2 turn Rt stepping fwd Rt, Make 1/2 turn Rt stepping back Lt 右轉180度右足前踏, 右轉180度左足後踏

8&1 **Cross, Back, Step Lock Back, Full Turn, Sweep Sailor Step** 交叉, 後, 踏鎖後, 轉圈, 旋繞水手步
Sweep Rt from front to back stepping back on Rt, Step Lt to Lt, Step Rt to Rt 右足由前繞至後踏, 左足左踏, 右足右踏

第四段

2-3 **Cross, Back, 1/4, 3/4 Turn, Rock Step, 1/4, 3/4 Turn** 交叉, 後, 1/4, 轉3/4, 下沉踏, 1/4, 轉3/4
Cross Lt in front of Rt, Step Rt back
左足於右足前交叉踏, 右足後踏

4&5 **Cross, Back, 1/4, 3/4 Turn, Rock Step, 1/4, 3/4 Turn** 交叉, 後, 1/4, 轉3/4, 下沉踏, 1/4, 轉3/4
Make 1/4 turn Lt stepping Lt fwd, Make 1/2 turn Lt stepping back Rt, Make a 1/4 turn Lt stepping side Lt
左轉90度左足前踏, 左轉180度右足後踏, 左轉90度左足左踏
(Easy option for 4&5: basic cha cha without turns)
簡易版: 基本恰恰不轉圈

6-7 **Cross, Back, 1/4, 3/4 Turn, Rock Step, 1/4, 3/4 Turn** 交叉, 後, 1/4, 轉3/4, 下沉踏, 1/4, 轉3/4
Rock Rt fwd and across Lt, Replace weight Lt
右足於左足前交叉下沉, 左足回復

8& **Cross, Back, 1/4, 3/4 Turn, Rock Step, 1/4, 3/4 Turn** 交叉, 後, 1/4, 轉3/4, 下沉踏, 1/4, 轉3/4
Make 1/4 turn Rt stepping Rt fwd, Pivot 3/4 turn Rt bringing Lt next to Rt (Platform Turn)
右轉90度右足前踏, 右轉270度左足併踏
(Easy option for 8&: step Rt to Rt, Step Lt next to Rt)
簡易版: 右足右踏, 左足併踏