

Shanghai Beach (上海灘) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Rep Ghazali (SCO) - 2008年11月
音乐: Shanghai Beach (上海灘) - Andy Lau (劉德華)



前奏: 24 count intro start on vocal 24拍後唱歌起跳

第一段 Rock-Recover, Triple Full Turn, Rock-Recover, Triple $\frac{3}{4}$ Turn 交叉下沉-回復, 三步轉圈, 交叉下沉-回復, 三步轉 $\frac{3}{4}$

- 1-2 cross rock Right over Left, recover on Left
右足於左足前交叉下沉, 左足回復
- 3&4 triple full turn Right by stepping Right-Left-Right on the spot
三步原地轉圈-右, 左, 右
(easy option: triple step on the spot by stepping Right-Left-Right)
簡易版: 三步原地踏-右, 左, 右
- 5-6 cross rock Left over Right, recover on Right
左足於右足前交叉下沉, 右足回復
- 7&8 triple $\frac{3}{4}$ turn Left by stepping Left-Right-Left on the spot (3)
三步原地左轉270度-左, 右, 左(面向3點鐘)

第二段 Side-Behind, Ball-Cross-Point, $\frac{1}{4}$ Monterey Turn, Coaster Step 側-後, 併-交叉-點, $\frac{1}{4}$ 蒙特瑞轉, 海岸步

- 1-2 step Right to Right side, step Left behind Right
右足右踏, 左足於右足後踏
- &3-4 step Right beside Left, cross Left over Right, point Right to Right side 右足併踏, 左足於右足前交叉踏, 右足右點
- 5-6 $\frac{1}{4}$ turn Right by stepping Right beside Left, point Left to Left side (6) 右轉90度右足併踏, 左足左點(面向6點鐘)
- 7&8 step back Left, step Right together, step forward Left (6)
左足後踏, 右足併踏, 左足前踏(面向6點鐘)

第三段 Cross-Back, Back-Cross-Back, Rock Back-Recover, Triple Full Turn 交叉-後, 後-交叉-後, 後下沉-回復, 三步轉圈

- 1-2 cross Right over Left, step back Left
右足於左足前交叉踏, 左足後踏
- &3-4 step back Right, cross Left over Right, step back Right
右足後踏, 左足於右足前交叉踏, 右足後踏
- 5-6 rock back Left, recover on Right
左足後下沉, 右足回復
- 7&8 triple full turn Right by stepping forward Left-Right-Left (6)
三步右轉圈-左, 右, 左
(easier option: shuffle forward Left) 簡易版: 前交換

第四段 Step- $\frac{1}{4}$ Pivot, Cross-Point, Cross-Back, Triple $\frac{1}{2}$ Turn 踏- $\frac{1}{4}$, 交叉-點, 交叉-後, 三步轉

- 1-2 step forward Right, $\frac{1}{4}$ pivot turn Left (3)
右足前踏, 左軸轉90度(面向3點鐘)
- 3-4 cross Right over Left, point Left to Left side
右足於左足前交叉踏, 左足左點

- 5-6 cross Left over Right, step back on Right
左足於右足前交叉踏, 右足後踏
- 7&8 triple $\frac{1}{2}$ turn Left by stepping forward Left-Right-Left (9)
三步轉180度-左, 右, 左(面向9點鐘)
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