

Ever after (曾經擁有) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音乐: The Mumpers' Dance - Loreena McKennitt : (CD: Single)



- 第一段** **Rock Forward, Hold, Step Back, Slide; Step Back, Slide, Touch Behind, ½ Turn Right** 前下沉, 候, 後踏, 滑, 後踏, 滑, 後點, 右轉1/2
- 1-4 Rock Forward On Right, Hold, Rock Back On Left, Slide Right Next To Left (Weight On Right)
右足前下沉, 候, 左足後下沉, 右足滑向左足旁 (重心右足)
- 5-8 Step Back On Left, Slide Right Next To Left (Weight Stays On Left), Touch Right Toe Behind Left, Turn ½ Turn Right (Weight On Right)
左足後踏, 右足滑向左足旁, 右足趾後點, 右後轉180度 (重心右足)
- 第二段** **Rock Forward, Hold, Step Back, Slide; Step Back, Slide, Touch Behind, ½ Turn Left** 前下沉, 候, 後踏, 滑, 後踏, 滑, 後點, 左轉1/2
- 1-4 Rock Forward On Left, Hold, Rock Back On Right, Slide Left Next To Right (Weight On Left)
左足前下沉, 候, 右足後下沉, 左足滑向右足旁 (重心左足)
- 5-8 Step Back On Right, Slide Left Next To Right (Weight Stays On Right), Touch Left Toe Behind Right, Turn ½ To Left (Weight On Left)
右足後踏, 左足滑向右足旁, 左足趾在右足後點, 左後轉180度 (重心左足)
- 第三段** **Step Side Right, Hold, Cross Behind, Step Side Right; Step Side Left, Hold, Cross Behind, Step Left ¼ Turn Left**
右側踏, 候, 後交叉, 右側踏, 左側踏, 候, 後交叉, 左轉1/4踏
- 1-4 Step Long Step To Right Side With Right, Hold (Allow Left To Slide Slightly Towards Right), Cross Left Behind Right, Step Right To Right Side
右足右踏一大步 (允許左足右滑一些), 候, 左足交叉右足後, 右足右踏
- 5-8 Step Long Step To Left Side With Left, Hold (Allow Left To Slide Slightly Towards Right), Cross Right Behind Left, Step Left ¼ Turn Left
左足左踏一大步 (允許右足左滑一些), 候, 右足交叉左足後, 左足左轉踏
- 第四段** **Rock, Recover, 1-¼ Turn To Right, Step Side, Point Toe Side, Claps**
下沉, 回復, 1-1/4右轉, 側踏, 趾側點, 拍手
- 1-4 Rock Right Forward, Rock Weight On Left While Making ¼ Turn To Right, Turn ½ Turn To Right On Right, Turn ½ Turn Right Stepping Back On Left (You Will Have Traveled To Right Side Completing A 1-¼ Turn To Right, And Should Now Be Facing Starting Wall)
右足前下沉, 右轉90度同時左足後下沉 (重心), 右足右轉180度, 左足後踏右轉180度 (一共完成1又1/4圈; 面對開始方向)
- 5-6 Step Right To Right Side, Point Left Toe To Left Side
右足右踏, 左足趾指向左
- 7&8 Raise Hands To Right Side And Clap 3 Counts While Turning Head And Looking To Left 向左側, 同時雙手舉起拍手3次
- 第五段** **¼ Turn Left, Hold, Step Forward, ¾ Turn Left, Side Step, Slide, Stomp Behind, Right Toe Point**
左轉1/4, 候, 前踏, 左轉3/4, 側踏, 滑, 後重踏, 右趾點
- 1-4 Step Left ¼ Turn Left, Hold, Step Right Forward, Turn ¾ Turn Left On Ball Of Right Foot Ending With Weight On Left
左足左轉90度踏, 候, 右足前踏, 右足掌向左轉270度 (結束時重心在左足)
- 5-8 Step Long Side Step To Right, Slide Left Slightly Toward Right, Stomp Left Behind Right, Point Right Toe In Front Of Left (Right Knee Is Flexed Or Bent, Left Leg Is Straight)
右足右踏一大步, 左足滑向右, 左足在右足後重踏, 右足趾在左足前 (右膝彎曲左腿伸直)
- 第六段** **Exaggerated Knee Pops, Left Sweep, ½ Turn Left**
膝蓋誇大移動, 左旋繞, 左轉1/2

- 1-2 Bring Right Heel Down Straightening Right Leg While Bending Left Knee (Left Heel Is Off Floor), Straighten Left Leg And Bend Right Knee (Right Heel Is Off Floor)
右腿伸直並將右踵踏下，左膝彎曲（左足踵離開地面），左腿伸直，右膝彎曲（右足踵離開地面）
- 3&4 Bring Right Heel Down Straightening Right Leg While Bending Left Knee (Left Heel Is Off Floor), Straighten Left Leg And Bend Right Knee (Right Heel Is Off Floor), Bring Right Heel Down Straightening Right Leg While Bending Left Knee
右腿伸直並將右踵踏下，左膝彎曲（左足踵離開地面），左腿伸直，右膝彎曲（右足踵離開地面），右腿伸直並將右踵踏下，左膝彎曲（左足踵離開地面）
- 5-6 Sweep Left Foot From Back To Front For 2 Count
左足由後向前繞過（2拍）
- 7-8 Sweep Left Foot Back, Turn ½ Turn Left (Weight On Left)
左足繞向後面，左後轉180度（重心在左）

第七段 Rock Forward, ½ Turn, Hold; Rock Forward ½ Turn, Hold
前下沉，轉1/2，候，前下沉 轉1/2，候

- 1-4 Rock Forward On Right, Back On Left, Turn ½ Turn Right, Hold
右足前下沉，左足後踏，右後轉，候
- 5-8 Rock Forward Left, Back On Right, Turn ½ Turn Left, Hold
左足前下沉，右足後踏，左後轉，候

第八段 Two ½ Turns Left, Step And Lean To Right Side (Hand And Arm Gestures), Recover On To Left & Slide Together (Hand & Arm Gestures)
左轉1/2二次，踏轉至右側(手勢)，左回復 & 滑併(手勢)

- 1-4 Step Forward On Right, Turn ½ Turn Left, Step Forward On Right, Turn ½ Turn Left 右足前踏左後轉，右足前踏左後轉
- 5-6 While Still Facing Forward, Step Right To Right Side And Lean Sideways Bending Right Knee, Left Leg Stays In Place (Do Not Bend Knee But Lean Towards Right)
右足右踏右膝彎曲同時身體右傾，左足仍在原地（不必彎曲但傾向右側）
With Arms At Side Raise Arms Up In A Circular Motion In Front Of Face Crossing One Another So Wrists Touch Pausing At Shoulder Height
拍手勢
- 7-8 Straighten Up By Straightening Right Leg And Sliding Right Foot Next To Left, Weight Stays On Left
右腿伸直直立，右足滑向左足邊（重心在左足）
Going In Opposite Circular Direction From Where You Started In Counts 5-6 Back To Starting Position With Arms At Sides
拍手勢

TAG

Leave off counts 49-64 during the second wall (you will be facing 12:00 wall. This will only happen this one time.
在第二面牆時省略49-64拍（即7、8段省略一次）
