

# Stepping Stone (跳板) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Intermediate  
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音乐: Stepping Stone - Duffy



## 第一段 Step ¼ Turn, Step-Rock, Step x2, ¼ Turn Step-Cross, Side Step-Hold, Cross-Rock Recover- ½ Turn R Stepping Forward

踏轉1/4, 踏下沉, 踏二, 次轉1/4-交叉, 側踏-候, 交叉下沉回復, 轉1/2前踏

1-2-& Step R to R while starting ¼ turn L, Step L foot down, Step R foot beside L 左轉90度右足右踏, 左足踏, 右足併踏  
轉右曼波

\* (For count 1 – while stepping out on R, Lift L foot slightly off the ground)  
第1拍右足右踏時, 左足略抬離地面

3-4-& Rock L foot forward, Step R foot back, Step L foot beside R  
前曼波 左足前下沉, 右足後踏, 左足併踏

5-6-& ¼ turn R stepping R foot to R side, Cross L over R, Step R foot to R side 右轉90度右足右踏, 左足於右足前交叉  
轉華倫 踏, 右足右踏

7-&-8 Hold, Cross L foot over R, Rock R foot forward diagonally  
候交叉 下 候, 左足於右足前交叉踏, 右足斜角線前下沉  
沉

## 第二段 Recover-Half Turn R, Rock & Cross x2, Rock-Recover-Hitch, Hold, ½ Turn L 回復右轉1/2, 下沉&交叉二次, 下沉-回復-抬, 候, 左轉1/2

& - 1 Recover back on L foot, ½ Turn R stepping R foot forward diagonally  
回復 轉 左足回復, 右轉180度右足斜角線前踏

2-&-3 Rock L to L side, Recover over on R, Cross L foot over the R  
下沉回復交 左足左下沉, 右足回復, 左足於右足前交叉踏  
叉

4-&-5 Rock R to R side, Recover over on L, Cross R foot over L  
下沉回復交 右足右下沉, 左足回復, 右足於左足前交叉踏  
叉

6-&-7 Rock forward on L foot, Recover back on R while hitching L knee, Hold 左足前下沉, 右足回復左膝抬, 候  
下沉回復抬 候

\* (All of these steps should be done to your R diagonal, except the last step)  
除了最後一步, 所有舞步都面向右斜角線

## 第三段 Box Step, Step Lock Step, Rock-Recover-Step, Hold, Step-Brush-Step

方塊步, 踏鎖踏, 下沉-回復-踏, 候, 踏-刷-踏

1-2-& Step R out to R side, Step L next to R, Step R foot back  
右併後 右足右踏, 左足併踏, 右足後踏

3-4-& Step L foot out to L, Step R foot forward, Lock L foot behind R  
左前後下沉 左足左踏, 右足前踏, 左足於右足後下沉

5-6-& Step R foot forward, Rock back on L foot, Recover on to R foot  
前後下沉回 右足前踏, 左足後下沉, 右足回復  
復

7-&-8 Hold, Brush L foot forward, Hitch L knee  
候 刷抬 候, 左足前刷, 左膝抬

## 第四段 Step-Rock, 1 ¼ Turn R, Rock Recover Side, Cross Rock Recover x2

& - 1 Step down on L foot, Rock R foot forward  
踏 前下沉 左足踏, 右足前下沉

2-&-3 Recover back L foot, ½ turn R stepping R forward, ½ turn R stepping back on L 左足回復, 右轉180度右足前踏,  
回復 轉轉 右轉180度左足後踏

4-&-5      ¼ turn R rocking out on R foot, Recover on L, Cross-Rock R foot in front of L 右轉90度右足右下沉, 左足回復, 右  
90下沉回復 足於左足前交叉下沉  
交叉下沉

6-&-7      Recover weight back on L, Rock R foot out to R side, Hold  
回復下沉 左足回復, 右足右下沉, 候  
候

&-8-&      Recover weight back on L, Cross Rock R foot behind L, Recover on L foot 左足回復, 右足於左足後下沉, 左足回  
回復後下沉 復  
回復

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