

Swedish Delight (心想事成) (zh)

COPPER KNOB
STEPPING

拍数: 32 墙数: 4 级数: Improver
编舞者: Louise Elfvengren (NOR) - 2010年02月
音乐: Fait Accompli - Benny Anderssons Orkester & Tommy Körberg : (CD: Song of Heart)



前奏 : Intro: Start dance when he says Accompli

第一段 Step Fw, Step Down On Right, Sailor Step With Sweep, Step Fw, ¼ Turn Left, Cross Rock And ½ Turn Right
踏, 回右足, 水手步, 踏 1/4, 交叉下沉 回復 右轉

1-2 Step forward on left, switch weight to right foot
左足前踏, 重心移至右足

3&4 Sweep left front to back crossing left behind right, step right beside left, step fw on left. (12 o'clock)
左足由前繞至後左足於右足後交叉踏, 右足併踏, 左足前踏(面向12點鐘)

5-6 Step right forward, turn ¼ left. (9'o clock)
右足前踏, 左轉90度(面向9點鐘)

7&8 Cross right in front of left, recover onto left, turn ½ right, stepping right beside left. (3 o'clock)
右足於左足前交叉踏, 左足回復, 右轉180度右足併踏(面向3點鐘)

第二段 Cross Rock, Sweeps Bw, Touch, Lock Steps Fw
交叉下沉, 回復, 後繞 後繞, 後繞 併點, 前鎖步

1-2 Cross left in front of right (long rock move your body forward), recover onto right.
左足於右足前交叉下沉(身體前移做大一點的交叉下沉), 右足回復

3-4 Sweep left front to back, sweep right front to back.
左足由前繞至後, 右足由前繞至後

5-6 Sweep left front to back, touch right next to left.
左足由前繞至後, 右足併點

7&8 Step forward right, lock left behind right, step forward on right. (3 o'clock)
右足前踏, 大足於右足後鎖踏, 右足前踏(面向3點鐘)

RESTART wall 4 after section 2 第四面牆跳至此, 從頭起跳

第三段 Rock Fw, Full Triple Turn Left, Rock Fw, 1/4 Sailor Turn Right With Sweep 下沉 回復, 三步左轉圈, 下沉 回復, 1/4轉水手

1-2 Rock forward on left, recover onto right. 左足前下沉, 右足回復

3&4 Full triple turn left stepping left-right-left. (3 o'clock)
三步左轉圈-左, 右, 左(面向3點鐘)

Option: Coaster Step, count 3&4 3&4拍簡易版-海岸步

5-6 Rock forward on right, recover onto left.
右足前下沉, 左足回復

7&8 Step right behind left (with a sweep), turn 1/4 right stepping down on left, step right beside left. (6 o'clock)
右足繞至左足後踏, 右轉90度左足踏, 右足併踏(面向6點鐘)

第四段 Cross Shuffle Moving Right, Cross Shuffle Moving Left, Rock Fw, Step ¼ Turn, Step 交叉交換, 交叉交換, 下沉 回復, 左1/4 併

1&2 Cross left over right, step right beside to left, cross left over right. 左足於右足前交叉踏, 右足併踏, 左足於右足前交叉踏

3&4 Cross right over left, step left beside to right, cross right over left. 右足於左足前交叉踏, 左足併踏, 右足於左足前交叉踏

5-6 Rock left forward, recover onto right.
左足前下沉, 右足回復

7-8 Turn ¼ left stepping down on left, step right beside left. (3 o'clock) 左轉90度左足踏, 右足併踏(面向3點鐘)

Option: 1 1/4 turn left, count 7-8
7-8拍可以選擇左轉1又1/4圈
