

Still Waiting (依舊等待) (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Wait - Stacie Orrico : (CD: Beautiful Awakening)



前奏 : 8 Count intro 8拍後起跳

第一段 Side Step Right. Drag. Rolling Vine Full Turn Left. 右踏, 拖, 左華倫轉圈

- 1-3 Long step Right to Right side. Drag Left towards Right – over 2 Counts. (Weight on Right) 右足右一大步, 左足以2拍拖併(重心在右足)
- 4-6 Rolling vine Full turn Left stepping Left. Right. Left.
左轉圈-左, 右, 左

第二段 Cross Rock. Side Step Right. Cross. Unwind Full Turn Right. 交叉下沉, 右側踏, 交叉, 右轉圈

- 1-3 Cross rock Right over Left. Rock back on Left. Step Right to Right side and Slightly back. 右足於左足前交叉下沉, 左足回復, 右足略右後踏
- 4-6 Cross Left over Right. Unwind Full turn Right – over 2 Counts. (Weight on Left) (Facing 12 o'clock)
左足於右足前交叉踏, 以2拍右轉圈重心在左足(面向12點鐘)

第三段 Lunge Right. Recover. Cross. 1/4 Turn Right. Together. Cross. 右曲膝踏, 回復, 交叉, 右1/4, 併, 交叉

- 1-3 Lunge Right out to Right side. Recover weight on Left. Cross step Right over Left. 右足右曲膝踏, 左足回復, 右足於左足前交叉踏
- 4-6 Make 1/4 turn Right stepping back on Left. Step Right beside Left. Cross step Left forward over Right. (Now Facing Right Diagonal)
右轉90度左足後踏, 右足併踏, 左足於右足前交叉踏(面向右斜角)

第四段 Step Forward. Point. Hold. 3/8 Turn Left. Together. 1/4 Turn Left. 前踏, 點, 候, 左3/8, 併, 左1/4

- 1-3 Step Right forward into Right Diagonal. Point Left toe out to Left side. Hold. 右足右斜角線前踏, 左足趾左點, 候
- 4-6 Step Left 3/8 turn Left. Step Right beside Left. Make 1/4 turn Left stepping Slightly forward on Left.
左轉3/8, 右足併踏, 左轉90度左足略前踏

第五段 Right Twinkle. Cross. Side. Behind. 右華士步, 交叉, 側, 後

- 1-3 Cross step Right Forward over Left. Step Left to Left side. Step Right beside Left. (Facing 9 o'clock)
右足於左足前交叉踏, 左足左踏, 右足併踏(面向9點鐘)
- 4-6 Cross step Left over Right. Step Right to Right side. Cross Left behind Right. 左足於右足前交叉踏, 右足右踏, 左足於右足後踏

第六段 1/4 Turn Right. Point. Hold. Full Turn Left. 右1/4, 點, 候, 左轉圈

- 1-3 Make 1/4 turn Right stepping forward on Right. Point Left toe out to Left side. Hold. 右轉90度右足前踏, 左足趾左點, 候
- 4-6 Make Full turn Left (On The Spot) stepping Left. Right. Left. (Facing 12 o'clock) 左原點轉圈-左, 右, 左(面向12點鐘)

第七段 Right Basic Forward. 1 & 1/2 Turn Left.

右基本華爾滋, 1又1/2左轉

- 1-3 Step forward on Right. Step Left beside Right. Step Right in place. 右足前踏, 左足併踏, 右足踏
- 4-5 Make 1/2 turn Left stepping forward on Left. Make 1/2 turn Left stepping back on Right. 左轉180度
左足前踏, 左轉180度右足後踏
- 6 Make 1/2 turn Left stepping forward on Left. (Facing 6 o'clock) 左轉180度左足前踏(面向6點鐘)

Easier: Counts 4 – 6 above ... Make 1/2 turn Left.

簡易版 4-6拍:左轉180度

第八段 Lunge Forward. Recover. Step Back. Sweep Behind with 1/4 Turn Left. Side. Cross 前曲膝, 回復, 後踏, 繞後帶左轉1/4, 側, 交叉

- 1-3 Lunge forward on Right. Recover weight on Left. Long step back on Right. 右足前曲膝踏, 左足回復, 右後一大步
- 4 Sweep Left out and around behind Right making 1/4 turn Left.
左足繞至右足後左轉90度
- 5-6 Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)
右足右踏, 左足於右足前交叉踏(面向3點鐘)
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