

Sea Salt Sally (海鹽莎莉) (zh)

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) - 2007年09月
音乐: Sea Salt Sally - Rick Guard : (CD: Stop It & Dance)



前奏 : 32 Count intro starting on vocals.

- 第一段** **Step, Hold, Side Step, Hold, Coaster Step, Hold, Forward Lock Step, Hold, Rocking Chair 踏, 候, 側踏, 候, 海岸步, 候, 前鎖步, 候, 搖椅步**
- 1 2 3 4 Step forward on R. Hold. Step L to L side. Hold.
右足前踏, 候, 左足左踏, 候
- 5 6 7 8 Step back on R. Step L next to R. Step forward on R. Hold.
右足後踏, 左足併踏, 右足前踏, 候
- 1 2 3 4 Step forward on L. Lock step R behind L. Step forward on L. Hold.
左足前踏, 右足於左足後鎖步, 左足前踏, 候
- 5 6 7 8 Rock forward on R. Rock back on L. Rock back on R. Rock forward on L. 右足前下沉, 左足後下沉, 右足後下沉, 左足前下沉
- 第二段** **Step, ½ Pivot, Step, Hold, Triple Full Turn R, Hold.**
踏, 轉1/2, 踏, 候, 小三步右轉, 候
- 1 2 3 4 Step forward on R. Pivot ½ turn L. Step forward on R. Hold. (Facing 6 o'clock). 右足前踏, 左轉180度, 右足前踏, 候(面向6點鐘)
- 5 6 7 8 Turn ½ R stepping back on L. Turn ½ R stepping forward on R. Step forward on L. Hold. 右轉180度左足後踏, 右轉180度右足前踏, 左足前踏, 候
Easier option 簡易版: Forward Lock Step. Hold. 前鎖步, 候
- 第三段** **Step, Hold, Side Step, Hold, Coaster Step, Hold, Forward Lock Step, Hold, Rocking Chair.**
踏, 候, 側踏, 候, 海岸步, 候, 前鎖步, 候, 搖椅步
- 1 2 3 4 Step forward on R. Hold. Step L to L side. Hold.
右足前踏, 候, 左足左踏, 候
- 5 6 7 8 Step back on R. Step L next to R. Step forward on R. Hold.
右足後踏, 左足併踏, 右足前踏, 候
- 1 2 3 4 Step forward on L. Lock step R behind L. Step forward on L. Hold.
左足前踏, 右足於左足後鎖步, 左足前踏, 候
- 5 6 7 8 Rock forward on R. Rock back on L. Rock back on R. Rock forward on L. 右足前下沉, 左足後下沉, 右足後下沉, 左足前下沉
- 第四段** **Step, ½ Pivot, Step, Hold, Triple Full Turn R, Hold.**
踏, 轉1/2, 踏, 候, 小三步右轉, 候
- 1 2 3 4 Step forward on R. Pivot ½ turn L. Step forward on R. Hold. (Facing 12 o'clock). 右足前踏, 左轉180度, 右足前踏, 候(面向12點鐘)
- 5 6 7 8 Turn ½ R stepping back on L. Turn ½ R stepping forward on R. Step forward on L. Hold. 右轉180度左足後踏, 右轉180度右足前踏, 左足前踏, 候
Easier option 簡易版: Forward Lock Step. Hold. 前鎖步, 候
- 第五段** **Toe Strut R, Rock Back, Toe Strut L, Rock Back, Weave R, Hold, Rock Back.** 右趾踵步, 後下沉, 左趾踵步, 後下沉, 右藤步, 候, 後下沉
- 1 2 3 4 Step on R toe to R side. Drop R heel. Rock back on L. Rock forward on R. 右足趾右踏, 右足踵踏, 左足後下沉, 右足前下沉

- 5 6 7 8 Step on L toe to L side. Drop L heel. Rock back on R. Rock forward on L. 左足趾左踏, 左足踵踏, 右足後下沉, 左足前下沉
- 1 2 3 4 Step R to R side. Cross step L behind R. Step R to R side. Cross step L over R. 右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 5 6 7 8 Step R to R side. Hold, Rock back on L. Rock forward on R. 右足右踏, 候, 左足後下沉, 右足前下沉

第六段 Side Rock, Touch, Heel Dig, Touch, Side Rock, Step Together.
側下沉, 點, 踵點, 點, 側下沉, 踏併

- 1 2 3 Rock out on L to L side. Recover on to R. Touch L next to R. 左足左下沉, 右足回復, 左足併點
- 4 5 Dig L heel forward to L diagonal. Touch L toe next to R instep. 左足踵左斜角線前點, 左足趾併點
- 6 7 8 Rock out on L to L side. Recover on to R. Step L next to R. 左足左下沉, 右足回復, 左足併踏

第七段 Coaster Cross, Hold, Scissor Step, Hold
海岸交叉, 候, 剪刀步, 候

- 1 2 3 4 Step back on R. Step L next to R. Cross step R over L. Hold. 右足後踏, 左足併踏, 右足於左足前交叉踏, 候
- 5 6 7 8 Step L to L side. Step R next to L. Cross step L over R. Hold. 左足左踏, 右足併踏, 左足於右足前交叉踏, 候

第八段 Turn ¼ L, Hold, Turn ¼ L, Hold, Cross Rock, Side Rock.
左轉1/4, 候, 左轉1/4, 候, 交叉下沉, 側下沉

- 1 2 3 4 Turn ¼ L stepping back on R. Hold. Turn ¼ L stepping L to L side. Hold. 左轉90度右足後踏, 候, 左轉90度左足左踏, 候
- 5 6 7 8 Cross rock R over L. Rock back on L. Rock out to R side on R. Recover on to L. 右足於左足前交叉下沉, 左足後下沉, 右足右踏, 左足回復

第九段 Sailor Step With ¼ Turn R, Hold, Step, Pivot ½ Turn R, Step, Hold.
右轉1/4水手步, 候, 踏, 右轉1/2, 踏, 候

- 1 2 3 4 Cross step R behind L. Turn ¼ R stepping L to L side. Step forward on R. Hold. 右足於左足前交叉踏, 右轉90度左足左踏, 右足前踏, 候
- 5 6 7 8 Step forward on L. Pivot ½ turn R. Step forward on L. Hold. 左足前踏, 右轉180度, 左足前踏, 候
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