

Summer Rockin' (仲夏搖滾) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Improver
编舞者: Malene Jakobsen (DK) - 2010年06月
音乐: Summer Love - Tim Tim



前奏: 24 counts from when he whistles, 12 sec. into track - dance begins with weight on L

第一段 Side Rock, Back Rock, Side Mambo, Hold 右下沉 回復, 後下沉 回復, 右曼波, 候

- 1-4 (1) Rock R to R side, (2) recover onto L, (3) rock back on R, (4) recover onto L [12.00] 右足右下沉, 左足回復, 右足後下沉, 左足回復(12點鐘)
- 5-8 (5) Rock R to R side, (6) recover onto L, (7) step R next to L, (8) hold [12.00] 右足右下沉, 左足回復, 右足併踏, 候(面向12點鐘)

第二段 Side Rock, Back Rock, Side Mambo, Hold 左下沉 回復, 後下沉 回復, 左曼波 候

- 1-4 (1) Rock L to L side, (2) recover onto R, (3) rock back on L, (4) recover onto R [12.00] 左足左下沉, 右足回復, 左足後下沉, 右足回復(12點鐘)
- 5-8 (5) Rock L to L side, (6) recover onto R, (7) step L next to R, (8) hold [12.00] 左足左下沉, 右足回復, 左足併踏, 候(面向12點鐘)

第三段 Toe Struts Backwards, Shuffle ½, Scuff 後趾踵 二次, 轉交換, 擦踢

- 1-4 (1) Touch R toes back, (2) drop R heel, (3) touch L toes back, (4) drop L heel [12.00] 右足趾後點, 右足踵踏, 左足趾後點, 左足踵踏(12點鐘)
- 5-8 (5) Turn ¼ R stepping R to R, (6) step L next to R, (7) turn ¼ R stepping forward on R, (8) scuff L [6.00] 右轉90度右足右踏, 左足併踏, 右轉90度右足前踏, 左足擦踢(面向6點鐘)

第四段 Rock, Hold, Recover, Hold, Walk ¼ Back, Touch 下沉 候 回復 候, 後走走轉1/4 點

- 1-4 (1) Rock forward on L, (2) hold, (3) recover onto R, (4) hold [6.00] 左足前下沉, 候, 右足回復, 候(面向6點鐘)
- 5-8 (5-6-7) Walk back L, R, L making ¼ R, (8) touch R next to L [9.00] 後走-左, 右, 左足後走右轉90度, 右足併點(面向9點鐘)

TAG 1 is here, then RESTART the dance – you'll be facing [3.00]

第二面牆跳至此面向3點鐘, 推臀-右, 左, 右, 左(重心在左足), 從頭起跳

TAG 2 is here, then RESTART the dance – you'll be facing [12.00]

第五面牆跳至此面向12點鐘, 推臀-右, 左, 右, 左(重心在左足), 從頭起跳

第五段 Diagonal Step Lock Step, Scuff, Diagonal Step Lock Step, Kick 斜前鎖步, 擦踢, 斜前鎖步, 踢

- 1-4 (1) Step R to R diagonal, (2) lock L behind R, (3) step R to R diagonal, (4) scuff L [9.00] 右足右斜角前踏, 左足於右足後鎖踏, 右足右斜角前, 左足擦踢
- 5-8 (5) Step L to L diagonal, (6) lock R behind L, (7) step L to L diagonal, (8) kick R diagonally R [9.00] 左足左斜角前踏, 右足於左足後鎖踏, 左足左斜角前踏, 右足右斜角前踢(面向9點鐘)

第六段 Jazz Box, Kick, Jazz Box, Hold 爵士方塊, 踢, 爵士方塊, 候

- 1-4 (1) Cross R over L, (2) step back on L, (3) step R to R side, (4) kick L diagonally L [9.00] 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足左斜角前踢(面向9點鐘)
- 5-8 (5) Cross L over R, (6) step back on R, (7) step L to L side, (8) hold [9.00] 左足於右足前交叉踏, 右足後踏, 左足左踏, 候(面向9點鐘)

第七段 Cross Rock, Side, Weave, Cross
交叉下沉 回復 右踏, 藤步 交叉

1-4 (1) Cross R over L, (2) recover onto L, (3) step R to R side, (4) cross L over R [9.00]
右足於左足前交叉下沉, 左足回復, 右足右踏, 左足於右足前交叉踏(面向9點鐘)

5-8 (5) Step R to R side, (6) cross L behind R, (7) step R to R side, (8) cross L over R [9.00]
右足右踏, 左足於右足後踏, 右足右踏, 左足於右足前交叉踏(面向9點鐘)

第八段 Back, Hold, ¼, Hold, Walks 後 候 1/4 候, 走四步

1-4 (1) Step back on R, (2) hold, (3) turn ¼ L stepping forward on L, (4) hold [6.00] 右足後踏, 候, 左轉90度左
足前踏, 候(面向6點鐘)

5-8 Walk forward R, L, R, L [6.00] 前走-右, 左, 右, 左(面向6點鐘)

There are 2 very easy TAGS. They OCCUR on walls 2 and 5, and both happen after 32 counts, then restart the dance

第二面牆及第五面牆在第32拍時, 先跳下面加拍後, 從頭起跳

Hip Bumps 推臀

1-4 Bump hips R, L, R, L – weight ends on L
推臀-右, 左, 右, 右, 結束重心在左足
