

Silver Moon (銀色月光) (zh)

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) - 2007年08月
音乐: Tired of Being Sorry - Enrique Iglesias



前奏: Start after a 32 count intro counting from the first heavy beat 第一個重音開始32拍起跳

- 第一段** **Back Rock, Shuffle Forward, Side Switches, Step Forward, Pivot ¼ Turn R.** 後下沉, 前交換, 側點踏交換, 前踏, 右轉1/4
- 1-2 Rock back on R. Rock forward on L. 右足後下沉, 左足前下沉
- 3&4 Step forward on R. Step L next to R. Step forward on R.
右足前踏, 左足併踏, 右足前踏
- 5&6 Touch L toe out to L side. Step L in next to R. Touch R toe out to R side. 左足趾左點, 左足併踏, 右足趾右點
- 8-7-8 Step R next to L. Step forward on L. Pivot ¼ turn R.
右足併踏, 左足前踏, 右轉90度

(Restart from here on wall 2, facing 6 o'clock).

第二面牆面向6點鐘跳至此從頭起跳

- 第二段** **Step, Pivot ¼ R, Step Forward on L. Turn ¼ L, Sailor Step, Hold, Together, Side Step.**
踏, 右轉1/4, 左前踏, 左轉1/4, 水手步, 候, 併, 側踏

- 1-2 Step forward on L. Pivot ¼ R facing back wall.
左足前踏, 右轉90度
- 3-4 Step forward on L. Turn ¼ L stepping R to R side. (Facing 3 o'clock).
左足前踏, 左轉90度右足右踏(面向3點鐘)
- 5&6 Cross step L behind R. Step R to R side. Step L to L side.
左足於右足後交叉踏, 右足右踏, 左足左踏
- 7&8 Hold. Step R in next to L. Step L to L side
候, 右足併踏, 左足左踏

- 第三段** **Hitch & Side Touch, Pivot ¼ Turn L. Step Back, Rock Back, Recover, Shuffle.** 抬 & 側點, 左轉1/4, 後踏, 後下沉, 回復, 交換步

- 1&2 Hitch up R knee. Step down on R. Touch L toe out to L side.
右膝蓋抬起, 右足踏, 左足趾左點
- 3-4 Keeping the feet where they are pivot ¼ turn L. Step back on L. (facing 12 o'clock). 左轉90度, 左足後踏(面向12點鐘)
- 5-6 Rock back on R. Rock forward on L. 右足後下沉, 左足前下沉
- 7&8 Step forward on R. Step L next to R. Step forward on R
右足前踏, 左足併踏, 右足前踏

- 第四段** **Step, Pivot ½ Turn R, Shuffle ½ Turn R travelling back, Rock Back, Kick Ball Change.** 踏, 右轉1/2, 右轉1/2後交換步, 後下沉, 踢交換步

- 1-2 Step forward on L. Pivot ½ turn R. 左足前踏, 右轉180度
- 3&4 Turn ¼ R stepping L to L side. Step R next to L. Turn ¼ R stepping back on L. 右轉90度左足左踏, 右足併踏, 右轉90度左足後踏
- 5-6 Rock back on R. Rock forward on L.
右足後下沉, 左足前下沉
- 7&8 Kick R forward. Step down on ball of R. Step down on L.
右足前踢, 右足踏, 左足踏

- 第五段** **Toe Strut, Rock Step, Step Back, Hold, & Step Back, Hold.**
趾躡步, 下沉踏, 後踏, 候 & 後踏, 候

- 1-2 Step forward on R toe. Drop R heel.
右足趾前點, 右足踵踏
- 3-4 Rock forward on L. Rock back on R.
左足前下沉, 右足後下沉
- 5-6 Step back on L. Hold with optional clap.
左足後踏, 候&拍手
- &7-8 Step R back next to L. Step back on L. Hold with optional clap.
右足併踏, 左足後踏, 候&拍手

(Restart from here on wall 4 facing 9 o'clock.
第四面牆面向9點鐘跳至此從頭起跳

第六段 Rock Back, Kick, Out, Out, Sailor Step, Rock Forward.
後下沉, 踢外外, 水手步, 前下沉

- 1-2 Rock back on R. Rock forward on L.
右足後下沉, 左足前下沉
- 3&4 Kick R forward. Step down on R to R side. Step on L to L side.
右足前踢, 右足右踏, 左足左踏
- 5&6 Cross step R behind L. Step L to L side. Step forward on R.
右足於左足後交叉踏, 左足左踏, 右足前踏
- 7-8 Rock forward on L. Rock back on R.
左足前下沉, 右足後下沉

第七段 Full Turn Back On L, R Travelling Back, Rock Back, Step Pivot ¼ Turn R, Diagonal Cross Shuffle.
左後轉圈, 右後, 後下沉, 踏右轉90度, 斜角線交叉交換

- 1-2 Turn ½ L stepping forward on L. Turn ½ L stepping back on R.
左轉180度左足前踏, 左轉180度右足後踏
(Alternative option for the above 2 counts – Walk back on L, R)
選擇版: 後走步(左, 右)
- 3-4 Rock back on L. Rock forward on R 左足後下沉, 右足前下沉
- 5-6 Step forward on L. Pivot ¼ turn R 左足前踏, 右轉90度
- 7&8 Cross step L over R & slightly forward. Step R forward to R diagonal. Cross step L over R
左足於右足略前交叉踏, 右足右斜角線前踏, 左足於右足前交叉踏
(The above cross shuffle travels forward to the right diagonal.)
前項交叉交換向右斜角線前進

第八段 Side Touch, Cross Step, Side Rock, Recover, Diagonal Cross Shuffle, Side Touch, Hold.
側點, 交叉踏, 側下沉, 回復, 斜角線交叉交換, 側點, 候

- 1-2 Touch R toe out to R side. Cross step R over L.
右足趾右點, 右足於左足前交叉踏
- 3-4 Rock on L out to L side. Recover on to R.
左足左下沉, 右足回復
- 5&6 Cross step L over R. Step R forward to R diagonal. Cross step L over R. 左足於右足前交叉踏, 右足右斜角線前踏, 左足於右足前交叉踏
(The above cross shuffle travels forward to the R diagonal)
前項交叉交換向右斜角線前進
- 7-8 Touch R out to R side. Hold 右足右點, 候
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