

Rice Straw Dolls (稻草人) (zh)

COPPER KNOB
STEPPERSHETS

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Juilin Chen (TW) & Irene Deng (TW) - 2015年09月
音乐: Rice Straw Dolls (稻草人) - Cheng Gin Yi (鄭進一) : (iTunes)



Intro : 32 Count From The Start of The Track. (Approx. 15 Seconds Into Track)

Tag 1: 12 counts

- 1 - 4 Step R out , Right hand on the move(1),Hold (2)), Step L out , Left hand on the move(3), Hold(4)
5 - 8 Hands open, right palm up, left palm down(5), Hold(6), left palm up, right palm down(7), Hold
9 - 12 Right palm up, left palm down(9),Hold(10), Stretch hands, Step L beside R(11) , Hold(12)
.....(12:00)
1 - 4 右手上舉(2拍) , 左手上舉(2拍)
5 - 8 手肘彎曲右手掌向上 , 左手掌向下(5),停一拍(6) , 右手掌向下 , 左手掌向上(7) , 停一拍
9 - 12 右手掌向上 , 左手掌向下(9) , 停一拍(10) , 左足併右足旁同時雙手平伸(11) , 停(12).....(12:00)

Tag 2 : 8 counts

[1 - 8] Rocking chair, Rock, Together, Hold

- 1-8 Step forward R, Recover L, Step back R, Recover L ,Rock R to right , Recover L , Step R Next to L , Hold
1-8 右足前後搖椅步(1-4) , 右足右踏 重心回左足 , 右足併左足旁 停(5-8)

Tag 3: 16 counts

[1 - 8] Walk, Together, Jump, Back, Together, Jump

- 1-4 Walk forward (RL)(1-2),Step R forward Beside L (3), Slightly Jump ,Same time pairs of hands push forward(4)
5-8 walk back (RL)(5-6),Step R back beside L(7), slightly Jump ,Same time pairs of hands push forward(8)

[9 - 16] Rocking chair, Rock, Together, Hold

- 1-8 Step forward R, Recover L, Step back R, Recover L ,Rock R to right , Recover L , Step R Next to L , Hold
1 - 4 前進兩步(右、左) , 右足併左足旁 , 稍微跳起同時雙手平伸往前推出狀
5 - 8 後退兩步(右、左) , 右足併左足旁 稍微跳起同時雙手平伸往前推出狀
9 - 12 右足前後搖椅步(9-12)
13 - 16 右足右踏(13), 重心回左足(14) , 右足併左足旁(15) 停(16)

Part A - 32 COUNTS

Section A1: (Cross , Behind)*3 , Cross , Together

- 1 - 6 (Cross step L over R, Step R Behind L)*3
7 - 8 Cross step L over R, Step R beside L ... (12:00)
1 - 6 (左足前交叉下沉 右足踏左足後)連續三次
7 - 8 左足交叉踏 , 右足併點

Section A2: (Step forward, Touch)*2, Coaster, Hitch

- 1 - 2 Step R forward(1) , Touch L over R (2),
3 - 4 Step L back beside R(3), Touch R over L (4)
5 - 6 Step R back ,Step L back beside R
7 - 8 Step R forward(7), Hitch L knee (right hand on the move, Left hand flat on the left)(8)..... 12:00
1 - 2 右足前踏 , 左足前點右足前
3 - 4 左足回踏右足旁 , 右足前點左足前

- 5-6 右足退，左足退併右足旁
 7-8 右足前踏，抬左膝同時右手上舉，左手平伸。

Section A3 [17 - 24]: Vine, Weave, kick

- 1-4 Step L side to left, Cross R Behind L, Step L side to left, Cross R over L
 5-8 Step L side to left, Cross R Behind L, Step L side to left, kick R over L, Around the same time open arms...(12:00)
 1-4 向左交叉藤步(左足旁踏，右足交叉左足後，左足旁踏，右足交叉左足前)
 5-8 繼續向左交叉步(左旁右後左旁)，右足斜踢(8) (10:00)

Section A4 [25 - 32]: Lock Step*4

- 1 & 2 1/4 turn left Step R forward(9:00), Step L behind R, Step R forward
 3 & 4 1/4 turn left Step L forward(6:00), Step R behind L, Step L forward
 5 & 6 1/4 turn left Step R forward(3:00), Step L behind R, Step R forward
 7 & 8 Step L forward, Step R behind L, Step L forward....(3:00)
 1 & 2 左轉90度右足前鎖步(9:00)
 3 & 4 左轉90度左足前鎖步(6:00)
 5 & 6 左轉90度右足前鎖步(3:00)
 7 & 8 左足前鎖步(3:00)

Part B - 32 COUNTS

Section B1 : Lock*2, Rock, Together, Hold

- 1 & 2 Step R forward diagonal (10:30), Step L behind R, Step R forward(10:30)
 3 & 4 1/4 turn left step L forward diagonal (7:30), Step R behind L, Step L forward.....(7:30)
 5-6 1/8 turn left Rock R to right side(6:00)over onto L
 7-8 Step R beside L, Hold(6:00)
 1 & 2 足右斜前鎖步(10:30)
 3 & 4 足左斜前鎖步(7:30)
 5-6 足旁踏轉1/8，重心回左足
 7-8 右足踏併左足旁，停...(6:00)

Section B2 : Lock*2, Rock, Together, Hold

- 1 & 2 Step R forward diagonal (7:30), Step L behind R, Step R forward....(7:30)
 3 & 4 1/4 turn left step L forward diagonal (4:30), Step R behind L, Step L forward(4:30)
 5-6 1/8 turn left Rock R to right side, Recover onto L
 7-8 Step R beside L, Hold(3:00)
 1 & 2 足右斜前鎖步(7:30)
 3 & 4 足左斜前鎖步(4:30)
 5-6 足旁踏轉1/8，重心回左足(3:00)
 7-8 右足踏併左足旁，停...(3:00)

Section B3 : Lock*2, Rock, Together, Hold

- 1 & 2 Step R forward diagonal(4:30), Step L behind R, Step R forward....(4:30)
 3 & 4 1/4 turn left step L forward diagonal(1:30), Step R behind L Step L forward(1:30)
 5-6 1/8 turn left Rock R to right side, Recover onto L
 7-8 Step R beside L, Hold(12:00)
 1 & 2 足右斜前鎖步(4:30)
 3 & 4 足左斜前鎖步(1:30)
 5-6 足旁踏轉1/8，重心回左足(12:00)
 7-8 右足踏併左足旁，停...(12:00)

Section B4 : Lock*2, Rock, Together, Hold

- 1 & 2 Step R forward diagonal(1:30), Step L behind R, Step R forward....(1:30)
 3 & 4 1/4 turn left step L forward diagonal(10:30), Step R behind L, Step L forward(10:30)

5 – 6 1/8 turn left Rock R to right side , Recover onto L
7 – 8 Step R beside L , Hold(9:00)
1 & 2 足右斜前鎖步(1:30)
3 & 4 足左斜前鎖步(10:30)
5–6 足旁踏轉1/8 , 重心回左足(9:00)
7–8 右足踏併左足旁 , 停 ...(9:00)

Have fun!!! Happy Dance

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