

Swim Away (游離海洋) (zh)

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Will Craig (USA)
音乐: Into the Ocean - Blue October



前奏: Start dancing on lyrics 唱歌起跳

第一段 CHA-CHA BASIC WITH FULL TURN CHA-CHA 右踏 下沉 回復 左追步 轉圈 右追步

- 1-2-3 Step right to side, rock left forward, recover to right
右足右踏, 左足前下沉, 右足回復
- 4&5 Step left to side, step right together, step left to side
左足左踏, 右足併踏, 左足左踏
- 6-7 Turn $\frac{1}{4}$ left and step right forward, turn $\frac{3}{4}$ left (weight to left)
左轉90度右足前踏, 左轉270度(重心在左足)
- 8&1 Step right to side, step left together, step right to side
右足右踏, 左足併踏, 右足右踏

第二段 SCUFF WITH HEEL TOUCHES WITH $\frac{1}{4}$ TURN $\frac{1}{2}$ PIVOT TURN 擦踢 踏 後點 後, 擦踢 踏, 擦踢 踏 後點 後, 1/4, 踏 轉

- 2& Scuff left forward, step left forward, 左足前擦踢, 左足前踏
- 3& touch right behind left, step right back 右足於左足後點, 右足後踏
- 4& Scuff left forward, step left forward 左足前擦踢, 左足前踏,
- 5& scuff right forward, Step right forward 右足前擦踢, 右足前踏
- 6& touch left behind right, step left back 左足於右足後點, 左足後踏
- 7 turn $\frac{1}{4}$ right and step right forward 右轉90度右足前踏
- 8-1 Step left forward, turn $\frac{1}{2}$ right (weight to right)
左足前踏, 右轉180度(重心在右足)

第三段 WALKS FORWARD LOCK STEP ROCK 走走走 前鎖步 下沉 回復

- 2-4 Step left forward, step right forward, Step left forward
左足前踏, 右足前踏, 左足前踏
- 5&6 step right forward, Lock left behind right, step right forward
右足前踏, 左足於右足後鎖踏, 右足前踏
- 7-8 rock left forward, Recover to right,
左足前下沉, 右足回復

第四段 BACK STEP AND LOCK WITH $\frac{3}{4}$ TURN AND CROSS UNWIND FULL TURN 後鎖 1/2 1/4, 交叉 右踏, 前 旁 後, 轉圈

- 1& step left back, Lock right over left 左足後踏, 右足於左足前鎖踏
- 2& turn $\frac{1}{2}$ left and step left forward, turn $\frac{1}{4}$ left and step right to side 左轉180度左足前踏, 左轉90度右足右踏
- 3-4-5 Cross left over right, step right to side, Lock left behind right
左足於右足前交叉踏, 右足右踏, 左足於右足後鎖踏
- 6-7-8 unwind a full turn for over 3 counts (weight to left) (12:00)
以3拍繞轉圈(結束在左足)(12點鐘)

第五段 CHA-CHA BASIC WITH ROCK AND SWEEP 右-下沉-回復, 左追步, 下沉 回復, 水手步

- 1-2-3 Step right to side, rock left forward, recover to right
右足右踏, 左足前下沉, 右足回復
- 4&5 Step left to side, step right together, step left to side
左足左踏, 右足併踏, 左足左踏
- 6-7 Rock right forward, recover to left 右足前下沉, 左足回復

8&1 Sweep/cross right behind left, step left to side, step right to side
右足繞至左足後交叉踏, 左足左踏, 右足右踏

第六段 CHA-CHA ROCKS WITH ¼ TURN CHA-CHA FORWARD
交叉曼波, 交叉曼波轉1/4, 踏轉, 前交換

2&3 Cross/rock left over right, recover to right, step left to side
左足於右足前交叉下沉, 右足回復, 左足左踏

4&5 Cross/rock right over left, recover to left, turn ¼ right and step right forward 右足於左足前交叉下沉, 左足回復,
右轉90度右足前踏

6-7 Step left forward, turn ½ right (weight to right)
左足前踏, 右轉180度(重心在右足)

8&1 Step left forward, step right together, step left forward
左足前踏, 右足併踏, 左足前踏

On the first wall restart dance after count 48
第一面牆跳至此, 從頭起跳

第七段 CHASE TURNS WITH CHA-CHA-CHASE TURN
踏轉, 前交換, 踏轉踏

2-3 Step right forward, turn ½ left (weight to left)
右足前踏, 左轉180度(重心在左足)

4&5 Step right forward, step left together, step right forward
右足前踏, 左足併踏, 右足前踏

6-8 Step left forward, turn ½ right (weight to right), Step left forward,
左足前踏, 右轉180度(重心在右足), 左足前踏

第八段 TOUCH CROSS TOUCH CROSS BACK ½ TURN WALK
點交叉 點交叉後 1/2 走走

1-2 touch right to side, Cross right over left
右足右點, 右足於左足前交叉踏

3-4 touch left to side, Cross left over right
左足左點, 左足於右足前交叉踏

5-6 step right back, Turn ½ left and step left forward,
右足後踏, 左轉180度左足前踏,

7-8 step right forward, Step left forward 右足前踏, 左足前踏
