

Supremes Cha Cha (夢幻女郎) (zh)

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Michele Perron (CAN) - 2009年06月
音乐: Someday We'll Be Together - Diana Ross & The Supremes



前奏: 72 Counts (begin on lyrics "You're far away..." approx. 45 seconds)

- 第一段 Side, Behind, Side, L Crossing Cha, Sway, Sway, Side-Recover-Behind**
側, 後, 側, 左交叉交換, 擺臀, 擺臀, 側-回復-後
- 1,2,3 RIGHT Step side R; LEFT Step crossed behind R, RIGHT Step side R
右足右踏, 左足於右足後交叉踏, 右足右踏
- 4,&,5 LEFT Crossing Cha Cha side R (L across front of R, R side, L across front of R) 左交叉交換(左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏)
- 6 RIGHT Rock/Step side R with R Hip bump 右足右踏右推臀
- 7 LEFT Rock/Step side L with L Hip bump 左足左踏左推臀
- 8,&,1 RIGHT Rock/Step side R, LEFT Recover/Step side L, RIGHT Step crossed behind L 右足右下沉, 左足回復, 右足於左足後交叉踏
- 第二段 Turn, Forward, Across-Back-Side; Together-Together-Turn, Forward-Turn-Forward**
轉, 前, 交叉-後-旁, 併-併-轉, 前-轉-前
- 2,3 Turn 1/4 L with LEFT Step forward; RIGHT Step forward (9 o'clock)
左轉90度左足前踏, 右足前踏(面向9點鐘)
- 4,&,5 LEFT Rock/Step across front of R, RIGHT Recover/Step back (behind L), LEFT Step side L 左足於右足前交叉踏, 右足於左足後踏, 左足左踏
- 6,&,7 RIGHT Step beside L, LEFT Step beside R, Turn 1/4 R with RIGHT Step forward (12 o'clock)
右足併踏, 左足併踏, 右轉90度右足前踏(面向12點鐘)
- 8,&,1 LEFT Step forward, Turn 1/2 R with R Step forward (in place), LEFT Step forward (6 o'clock)
左足前踏, 右轉180度右足前踏, 左足前踏(面向6點鐘)
- 第三段 Forward, Back, R Cha Cha Back, Back, Forward, L Cha Cha Turn**
前, 後, 右後交換, 後, 前, 轉交換
- 2,3 RIGHT Break/Step forward; LEFT Recover/Step back
右足前下沉, 左足回復
- 4,&,5 RIGHT Cha Cha back (R back, L beside, R back)
右後交換步-右, 左, 右
- 6,7 LEFT Break/Step back; RIGHT Recover/Step forward
左足後下沉, 右足回復
- 8,&,1 Turn 1/2 R with LEFT Cha Cha back (L side, R across front of L, L back) 右180度轉交換-左, 右, 左(面向12點鐘)
- 第四段 Back, Back, Back-Recover-Forward, Forward, Turn, Across**
後, 後, 後-回復-前, 前, 轉, 交叉
- 2,3 RIGHT Step back & crossed behind L; LEFT Step back & crossed behind R 右足於左足後交叉踏, 左足於右足後交叉踏
- 4,&,5 RIGHT Break/Step back, LEFT Recover/Step forward, RIGHT Step slightly forward 右足後下沉, 左足回復, 右足略前踏
- 6,7 LEFT Step forward; Turn 1/4 R with RIGHT Step side R (3 o'clock)
左足前踏, 右轉90度右足右踏(面向3點鐘)
- 8 LEFT Step across front of R 左足於右足前交叉踏

