

Simplemente (天真無邪) (zh)

COPPER KNOB
STEPSHEDS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Simplemente - Chayanne : (CD: Simplemente)



- 第一段 FORWARD ROCK AND STEP BACK, BACK ROCK AND STEP FORWARD, FORWARD ROCK & ½ TURN, FORWARD LOCK STEP**
前下沉 & 後踏, 後下沉 & 前踏, 前下沉 & 轉1/2, 前鎖步
- 1&2 Rock forward on right, rock back onto left, step back right
右足前下沉, 左足後下沉, 右足後踏
- 3&4 Rock back on left, rock forward onto right, step forward left
左足後下沉, 右足前下沉, 左足前踏
- 5&6 Rock forward on right, rock back onto left (starting turn), ½ turn right stepping forward on right
右足前踏, 左足後下沉, 右轉180度右足前踏
- 7&8 Step left forward, lock step right behind left, step left forward
左足前踏, 右足於左足後鎖踏, 左足前踏
- 第二段 STEP, PIVOT ½ TURN, ½ TURN LEFT STEPPING BACK, COASTER STEP, ROCK FORWARD, BACK, CROSS, STEP BACK, SIDE, CROSS**
踏, 轉1/2, 左轉1/2後踏, 海岸步, 前下沉, 後, 交叉, 後踏, 側, 交叉
- 1&2 Step forward on right, pivot ½ left, turn ½ left stepping back on right 右足前踏, 左後轉180度, 左轉180度右足後踏
- 3&4 Step left back, step right next to left, step left forward
左足後踏, 右足併踏, 左足前踏 (海岸步)
- 5&6 Rock forward on right, step left diagonally back left, (angling body to left diagonal), Cross step right over left.
右足前下沉, 左足左斜角線後踏 (身體彎向左對角線), 右足於左足前交叉踏
- 7&8 Step left diagonally back left, step right to right side, (straightening back up to back wall), cross step left over right
左足左斜角線後踏, 右足右踏, 左足於右足前交叉踏
- 第三段 CHASSE RIGHT, SWAY LEFT AND RIGHT, CHASSE LEFT WITH ¼ TURN LEFT, STEP, PIVOT ½ LEFT** 右追步, 左右擺臀, 左轉1/4左追步, 踏左轉1/2
- 1&2 Step right to right side, step left next to right, step right to right side. 右足右踏, 左足併踏, 右足右踏
- 3-4 Step left to left side swaying hips left, sway hips right
左足左踏左擺臀, 右擺臀
- 5&6 Step left to left side, step right next to left, turn ¼ left stepping left forward 左足左踏, 右足併踏, 左轉90度左足前踏
- 7-8 Step right forward, pivot ½ turn left
右足前踏, 左轉180度
- 第四段 FORWARD LOCK STEP, CROSS, SIDE, BACK, SWEEP BACK, SIDE, STEP FORWARD, FORWARD LOCK STEP** 前鎖步, 交叉, 側, 後, 後旋繞, 側, 前踏, 前鎖步
- 1&2 Step right forward, lock step left behind right, step right forward
右足前踏, 左足於右足後鎖踏, 右足前踏
- 3&4 Cross step left over right, step right to right side, step back on left 左足於右足前交叉踏, 右足右踏, 左足後踏

- 5&6 Sweep right round to cross behind left, step left to left side, step right forward 右足旋繞至左足後
交叉踏, 左足左踏, 右足前踏
- 7&8 Step left forward, lock step right behind left, step left forward
左足前踏, 右足於左足後鎖踏, 左足前踏
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