

Sunny (陽光) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Doug Miranda (USA) & Jackie Snyder (USA)
音乐: Sunny - Boney M.



- 第一段** **Side Rock Right, Recover Left, Behind, Side, Cross, Side Rock Left, Recover Right, Behind, Side, Cross**
右下沉 回復, 後 旁 前, 左下沉 回復, 後 旁 前
- 1-2 Rock To Right Side, Recover On Left
右足右側下沉, 左足回復
- 3&4 Step Right Behind Left, Step Left To Left Side, Cross Right In Front Of Left 右足在左足後踏, 左足左側踏, 右足在左足前交叉踏
- 5-6 Rock Left To Left Side, Recover On Right
左足左側下沉, 右足回復
- 7&8 Step Left Behind Right, Step Right To Right Side, Cross Left In Front Of Right 左足在右足後踏, 右足右側踏, 左足在右足前交叉踏
- 第二段** **Point Right To Side, ½ Turn Right, Side Shuffle Left, Rock Behind, Recover, ¼ Turn Left Triple Step Back**
右點, 右轉, 前交換, 後下沉 回復, 左1/4後交換
- 1-2 Point Right Toe To Right Side, Make A ½ Turn Right With Weight Ending On Right Next To Left (Like A Monterey Turn)
右足趾指向右側點, 右後轉180度結束時重心在右足踏於左足旁
- 3&4 Side Shuffle To Left Side Left-Right-Left
左側交換步 (左、右、左)
- 5-6 Rock Back On Right, Recover On Left
右足後下沉, 左足回復
- 7&8 Turn ¼ Turn Left As You Triple Step Traveling Back Right-Left-Right 左轉90度同時向後小三步 (右、左、右)
- 第三段** **Rock Back Left, Recover Right, Left Step Locks Forward, Right Step Locks Forward, Rock Left Forward, Recover Right**
後下沉 回復, 前鎖步, 前鎖步, 下沉 回復
- 1-2 Rock Back On Left, Recover Right 左足後下沉, 右足回復
- 3&4 Step Lock Forward Left-Right-Left 前鎖步 (左、右、左)
- 5&6 Step Lock Forward Right-Left-Right 前鎖步 (右、左、右)
- 7-8 Rock Forward On Left, Recover On Right 左足前下沉, 右足回復
- 第四段** **½ Turn Left Shuffle, Full Turn Left (2 ½ Turns Left), Rock Right Forward, Recover Left, Back Right Coaster Step**
轉交換, 轉 轉, 下沉 回復, 海岸步
- 1&2 Make A ½ Turn Left As You Shuffle Left-Right-Left
左後轉180度並做交換步 (左、右、左)
- 3-4 Turn ½ Turn Left As You Step Back On Right, Turn ½ Turn Left As You Step Forward On Left (Full Turn Left Moving Forward)
左後轉180度右足後踏, 左後轉180度左足前踏
- 5-6 Rock Forward On Right, Recover On Left 右足前下沉, 左足回復

- 7&8 Step Right Back, Step Left Next To Right, Step Right Forward (Back Right Coaster Step) 海岸步
(右足後踏 , 左足靠併 , 右足前踏)
- 第五段 Point Left To Side, Cross, Point Right To Side, Cross, Rock Left Forward, Recover Right, ½ Turn Left, Shuffle Forward**
左點 交叉 右點 交叉, 下沉 回復, 轉交換
- 1-4 Point Left Toe To Left Side, Cross Left Over Right, Point Right Toe To Right Side, Cross Right Over Left
左足趾指向左側點 , 左足交叉於右足前 , 右足趾指向右側點 , 右足交叉於左足前
- 5-6 Rock Forward On Left, Recover On Right 左足前下沉 , 右足回復
- 7&8 Make A ½ Turn Left As You Shuffle Forward Left-Right-Left
左後轉180度並做交換步 (左、右、左)
- 第六段 Point Right To Side, Cross, Point Left To Side, Cross, Rock Right Forward, Recover Left, ¼ Turn Right, Shuffle To Right Side**
右點 交叉 左點 交叉, 下沉 回復, 轉交換
- 1-4 Point Right Toe To Right Side, Cross Right Over Left, Point Left Toe To Left Side, Cross Left Over Right
右足趾指向右側點 , 右足交叉於左足前 , 左足趾指向左側點 , 左足交叉於右足前
- 5-6 Rock Forward On Right, Recover On Left 右足前下沉 , 左足回復
- 7&8 Make A ¼ Turn Right As You Side Shuffle To Right Side Right-Left-Right右後轉180度並做交換步
(右、左、右)
- 第七段 Rock Left Forward, Recover Right, Rock Back Left, Recover Right, Syncopated Vine Left, Right Knee Bend**
搖椅步, 變奏華倫步, 右膝彎
- 1-4 Rock Forward On Left, Recover On Right, Rock Back On Left, Recover On Right 左足前下沉 , 右足回復 , 左足後下沉 , 右足回復
- 5&6 Step Left To Left Side, Step Right Behind Left, Step Left To Left Side左足左側踏 , 右足在左足後踏 , 左足左側踏
- 8&7-8 Cross Right Over Left, Step Left To Left Side, Bend Right Knee Inwards (Weight Is Still On Left)
右足在左足前交叉踏 , 左足左側踏 , 右膝蓋朝內彎曲 (重心在左足)
- 第八段 Point Right To Right Side, ½ Turn Right, Point Left To Left Side, ½ Turn Left, Point Right To Right Side, Step Right Down, Back Left Coaster Step**
右足, 右轉, 左點, 左轉, 趾踵步, 海岸步
- 1-2 Point Right To Right Side, As You Pivot On The Ball Of Right Foot Turn ½ Turn Right (Similar To A Monterey Turn, Weight Is On Right)
右足趾指向右側點 , 以右足掌右後轉180度
- 3-4 Point Left To Left Side, As You Pivot On The Ball Of Left Foot Turn ½ Turn Left (Similar To A Monterey Turn, Weight Is On Left)
左足趾指向左側點 , 以左足掌左後轉180度
- 5-6 Point Right To Right Side, Step Down On Right Bringing Weight To Right右足趾指向右側點 , 右足踏下 (重心右足)
- 7&8 Step Back On Left, Step Right Next To Left, Step Forward On Left (Left Back Coaster Step) 海岸步
(左足後踏 , 右足靠併 , 左足前踏)
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