

Half Of My Heart (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate/Advanced
编舞者: Frank Cooper (CAN) - 2010年11月
音乐: Half Of My Heart (feat. Taylor Swift) - John Mayer



前奏 : Start dance 32 counts in on vocals

第一段 Syncopated Vine, Point Side, Step Across, Step Back ¼ Turn, Coaster Step

- 1-4 Step right to side, cross left behind right, step right to side, cross left over right, touch right to side
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏, 右足右點
- 5-6 Cross right over left, step left back turn ¼ right
右足於左足前交叉踏, 右轉90度左足後踏
- 7&8 Step right back, step together with the left, step right forward
右足後踏, 左足併踏, 右足前踏

第二段 Rock Step Forward, Coaster Step, Walk Around ½ Turn

- 1-2 Rock left forward, recover to the right
左足前下沉, 右足回復
- 3&4 Step left back, step together with the right, step left forward
左足後踏, 右足併踏, 左足前踏
- 5-8 Walk forward turn ½ left and step right, left, right, left
以四走步左轉180度-右, 左, 右, 左

第三段 Step Across, Step Side, Sailor Step, Step Across, Step Side, Sailor Step

- 1-2 Cross right over left, step left to side
右足於左足前交叉踏, 左足左踏
- 3&4 Right sailor step 右水手步
- 5-6 Cross left over right, step right to side
左足於右足前交叉踏, 右足右踏
- 7&8 Left sailor step 左水手步

第四段 Step Across, Step Back ¼ Turn, Side Shuffle ¼ Turn, Modified Jazz Box

- 1-2 Cross right over left, step left back turn ¼ right
右足於左足前交叉踏, 右轉90度左足後踏
- 3&4 Shuffle to the right side while making a turn ¼ right and step right, left, right 右90度轉交換-右, 左, 右
- 5-8 Cross left over right, step right back, step left to side, cross right over left
左足於右足前交叉踏, 右足後踏, 左足左踏, 右足於左足前交叉踏

第五段 Step Side, Step Behind, Side Touch, Step Across, Step Side, Step Behind, Side Touch, Step Across

- 1-2 Step left to side, cross right behind left
左足左踏, 右足於左足後交叉踏
- 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 to side, cross left behind right
右足右踏, 左足於右足後交叉踏
- 7-8 Touch right to side, cross right over left
右足右點, 右足於左足前交叉踏

第六段 Point Side, Step Across, Point Side, Step Across, Step Back ¼ Turn, Coaster Step, Step Forward

- 1-3 Touch left to side, cross left over right, touch right to side
左足左點, 左足於右足前交叉踏, 右足右點

- 4-5 Cross right over left, step left back turn $\frac{1}{4}$ right
右足於左足前交叉踏, 右轉90度左足後踏
- 6&7 Step right back, step left together, step right forward
右足後踏, 左足併踏, 右足前踏
- 8 Step left forward 左足前踏

第七段 Walk Forward 2x's, Pivot $\frac{1}{2}$ Turn, Kick Ball Touch, Ball Kick, Ball Kick

- 1-2 Step right forward, step left forward
右足前踏, 左足前踏
- 3-4 Step right forward, pivot turn $\frac{1}{2}$ left taking weight on left
右足前踏, 左軸轉180度

RESTART: On the 2nd & 4th wall, dance up to count 52. Start dance from the beginning
第二面牆及第四面牆, 跳至此, 從頭起跳

- 5&6& Kick right forward, step right home, touch left together, step left home
右足前踢, 右足踏, 左足前點, 左足踏
- 7&8& Kick right forward, step right home, kick left forward, step left home
右足前踢, 右足踏, 左足前踢, 左足踏

第八段 Touch Home, Ball Kick, Ball Rock Step Forward, Step Forward $\frac{1}{2}$ Turn, Full Turn, Step Forward

- 1&2& Touch right together, step right home, kick left forward, step left home 右足併點, 右足踏, 左足前踢, 左足踏
- 3 4 Rock right forward, recover to left 右足前下沉, 左足回復
- 5-8 Step right forward turn $\frac{1}{2}$ right, step right back turn $\frac{1}{2}$ right, step right forward turn $\frac{1}{2}$ right, step left forward
右轉180度右足前踏, 右轉180度右足後踏, 右轉180度右足前踏, 左足前踏
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