

Let It Be (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Advanced
编舞者: Rachael McEnaney (USA) - 2011年01月
音乐: Let It Be - Katie Stevens : (CD: American Idol Season 9)



前奏 : Count In: 16 counts from start of track – dance begins on vocals 16拍後唱歌起跳

第一段 R Forward Rock, ½ Turn R, L Forward Rock, ¼ Turn L, Step Forward R, ½ Chase Pivot, Full Turn To L

- 1,2&3 Rock forward on right (1), recover weight onto left (2), make ½ turn right stepping forward on right (&), rock forward on left (3) 6.00
右足前下沉, 左足回復, 右轉180度右足前踏, 左足前下沉(面向6點鐘)
- 4&5 Recover weight onto right (4), make ¼ turn left stepping forward on left (&), step forward on right (5) 3.00
右足回復, 左轉90度左足前踏, 右足前踏(面向3點鐘)
- 6&7 Step forward on left (6), pivot ½ turn right (&), step forward on left (7) 9.00 左足前踏, 右軸轉180度, 左足前踏(面向9點鐘)
- 8& Make ½ turn left stepping back on right (8), make ½ turn left stepping forward on left (&) 9.00
左轉180度右足後踏, 左轉180度左足前踏(面向9點鐘)
Easy 8& Walk forward right (8), walk forward left (&)
簡易版:右足前走, 左足前走

第二段 R Lock Step Forward, Step L ½ Pivot Turn To R, Full Turn R Travelling Forward, ¼ Turn R Doing L Basic, R Sweep, Cross R, Side L, Touch R.

- 1&2 Step forward on right (1), step left next to & slightly behind right (&), step forward on right (2) 9.00
右足前踏, 左足併踏(略於右足後踏), 右足前踏(面向9點鐘)
- &3 Step forward on left (&), pivot ½ turn right (3) 3.00
左足前踏, 右軸轉180度(面向3點鐘)
- 4& Make ½ turn right stepping back on left (4), make ½ turn right stepping forward on right (&) 3.00
右轉180度左足後踏, 右轉180度右足前踏(面向3點鐘)
- 56& Make ¼ turn right taking big step to left side (5), rock back on right (6), recover weight forward onto left (&) 6.00
右轉90度左足左一大步, 右足後下沉, 左足回復(面向6點鐘)
- 7&8& Sweep right foot round bending left knee (7), cross right over left (&), step left to left side (8), touch right next to left – this touch action is more a drag towards the left foot if you bend both knees on this count and push off left to create next step (&) 6.00
彎左膝右足繞, 右足於左足前交叉踏, 左足左踏, 右足拖併點雙膝彎(6點鐘)

第三段 R Nightclub Basic, ¼ Turn R Into L Nightclub Basic, 2x ¼ Turns L, 1/8 Run R L, R Mambo With L Sweep

- 1,2& Take big step to right side (1), rock back on left (2), recover weight forward onto right (&) 6.00
右足右一大步, 左足後下沉, 右足回復(面向6點鐘)
- 3,4& Make ¼ turn right taking big step to left side (3), rock back on right (4), recover weight forward on to left (&) 9.00
右轉90度左足左一大步, 右足後下沉, 左足回復(面向9點鐘)
- 5& Make ¼ turn left stepping back on right (5), make ¼ turn left stepping left to left side (&) 3.00
左轉90度右足後踏, 左轉90度左足左踏
- 6& Make 1/8 turn left stepping forward on right (6), step forward on left (&) 1.30 左轉45度右足前踏, 左足前踏(面向1:30)

7&8 Rock forward on right (7), recover weight onto left (&), step back on right as you sweep left leg around from front to back (8) 1.30
右足前下沉, 左足回復, 右足後踏左足由前繞至後(面向1:30)

第四段 Step Back L Sweeping R, Weave Behind With 3/8 Turn R, L Side Rock Cross (Fwd), Full Turn Travelling Fwd

1 Step slightly back on left bending knee and sweeping R foot around from front to back (1) 1.30 左足略後踏彎膝右足由前繞至後(面向1:30)

2&3 Cross right behind left (2), make 1/8 turn right stepping left to left side (&), cross right over left (3) 3.00
右足於左足後交叉踏, 右轉45度左足左踏, 右足於左足前交叉踏(3點鐘)

&4& Make 1/8 turn right stepping left to left side (&), cross right behind left (4), make 1/8 turn right stepping left to left side (&) 6.00
右轉45度左足左踏, 右足於左足後交叉踏, 右轉45度左足左踏(面向6點鐘)

5 Cross right over left (5) 6.00 右足於左足前交叉踏(面向6點鐘)

NOTE: Counts 2–5 is a syncopated weave crossing R behind first as you make 3/8 turn 2-5拍是一個由右後交叉開始轉135度的變奏藤步

(may not be necessary to break down into the 1/8 turns – think of it as a turning weave)

(沒必要硬要分那些45度的分解轉法, 就當它是一個轉135度的藤步去處理)

6&7 Rock left to left side (6), recover weight to right (&), Step left foot forward and slightly across right (7) 6.00
左足左下沉, 右足回復, 左足略於右足前交叉踏(面向6點鐘)

8& Make ½ turn left stepping back on right (8), make ½ turn left stepping forward on left (&) 6.00
左轉180度右足後踏, 左轉180度左足前踏(面向6點鐘)
Easy: walk R L 簡易版: 右足前走, 左足前走
