

Moon & Mars (zh)

COPPER KNOB
BY PERSEUS

拍数: 48 墙数: 2 级数: Intermediate/Advanced
编舞者: Kim Ray (UK) - 2011年03月
音乐: Talking to the Moon - Bruno Mars : (CD: Doo-Wops & Hooligans - 3:38)



前奏 : 8 (slow) count intro 8拍後起跳

第一段 Step Forward On Right, ½ Pivot Turn Step, ¼ Pivot Turn Cross, ½ Turn, Weave

- 1 Step forward on right 右足前踏
- 2&3 Step forward on left, ½ pivot turn right, step forward on left (6o/c) 左足前踏, 右軸轉180度, 左足前踏(面向6點鐘)
- 4&5 Step forward on right, ¼ pivot turn left, cross right over left (3o/c) 右足前踏, 左軸轉90度, 右足於左足前交叉踏
- 6&7 ¼ turn right stepping back on left, ¼ turn right side stepping right, cross left over right 右轉90度左足後踏, 右轉90度右足右踏, 左足於右足前交叉踏
- 8&8 Step right to right side, cross left behind right, step right to right side (9o/c) 右足右踏, 左足於右足後交叉踏, 右足右踏(面向9點鐘)

第二段 Cross Rock/Recover, Weave With ½ Turn Right, Cross Rock/Recover, Cross Step

- 1-2 Cross rock/lean left over right, recover back on right 左足於右足前交叉下沉, 右足回復
- & Step left next to right 左足併踏
- 3-4 Cross right over left, ¼ turn right stepping back on left 右足於左足前交叉踏, 右轉90度左足後踏
- & ¼ turn right stepping right to right side (3o/c) 右轉90度右足右踏(面向3點鐘)
- 5&6 Cross left over right, step right to right side, step left behind right 左足於右足前交叉踏, 右足右踏, 左足於右足後踏
- & Step right to right side 右足右踏
- 7& Cross rock left over right, recover back on right 左足於右足前交叉下沉, 右足回復
- 8& Step left to left side, cross right over left (3o/c) 左足左踏, 右足於左足前交叉踏(面向3點鐘)

第三段 Step Side, Back Rock/Recover X2, ¼ Turn Left, ¾ Turn Left, Sailor ½ Turn Cross

- 1-2& Large step to left side, rock back on right, recover forward on left 左足左一大步, 右足後下沉, 左足回復
- 3-4& Large step to right side, rock back on left, recover forward on right 右足右一大步, 左足後下沉, 右足回復
- 5-6& ¼ turn left stepping forward on left, step forward on right, ½ pivot turn left 左轉90度左足前踏, 右足前踏, 左軸轉180度
- 7 ¼ turn left stepping right to right side (3o/c) 左轉90度右足右踏(面向3點鐘)
- 8&8& Cross left behind right (starting to turn left), ¼ turn left stepping back on right, ¼ turn left crossing left over right (9o/c) 左足於右足後交叉踏, 左轉90度右足後踏, 左轉90度左足於右足前交叉踏(9點鐘)

第四段 Step Side Right, Rock Back/Recover With ¼ Turn Right, Rock Back/Recover With ½ Turn Left, Rock Back/Recover, Side Rock Cross

- 1-2& Step right to right side, rock back on left, recover on right 右足右踏, 左足後下沉, 右足回復
- 3-4& ¼ turn right stepping side left, rock back on right, recover on left (12o/c) 右轉90度左足左踏, 右足後下沉, 左足回復(面向12點鐘)
- 5-6& ½ turn left stepping back on right, rock back on left, recover forward on right 左轉180度右足後踏, 左足後下沉, 右足回復

7&8& Step forward on left, side rock right, recover on left, cross right over left (6o/c)
左足前踏, 右足右下沉, 左足回復, 右足於左足前交叉踏(面向6點鐘)

第五段 Spiral ½ Turn, Shuffle Forward, Rock Forward/Back, Back Sweeps, Coaster Step

1 Stepping back on left, lifting right slightly cross left spiral ½ turn right (12o/c) 左足後踏, 右足略抬於左足前交叉螺旋右轉180度(12點鐘)

2&3 Step forward on right, step left next to right, step forward on right 右足前踏, 左足併踏, 右足前踏

4& Rock forward on left, recover back on right
左足前下沉, 右足回復

5-6 Step back on left sweeping right out and back, step back on right sweeping left out and back
左足後踏右足繞至後, 右足後踏左足繞至後

7&8 Step back on left, step back on right, step forward on left
左足後踏, 右足後踏, 左足前踏

RESTART: DURING Wall 2 FACING 6o/c Wall 第二面牆面向6點鐘, 跳至此, 從頭起跳

第六段 Ball Rock/Recover X2, ½ Pivot Turn Right, Step Forward, Full Turn

&1-2 Step right next to left, rock/lean forward on left, recover back
右足併踏, 左足前下沉, 右足回復

&3-4 Step left next to right, rock/lean forward on right, recover back
左足併踏, 右足前下沉, 左足回復

&5-6 Step right next to left, step forward on left, ½ pivot turn right (6o/c) 右足併踏, 左足前踏, 右軸轉180度(面向6點鐘)

7 Step forward on left 左足前踏

8& ½ turn left stepping back on right, ½ turn left stepping forward on left (6o/c) 左轉180度右足後踏, 左轉180度左足前踏(面向6點鐘)
