

One Plus One Is Two (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Marie Sørensen (TUR) - 2010年10月
音乐: One Plus One - Lou Bega : (CD: Little Bit Of Mambo)



前奏 : Intro: 64 counts 64拍後起跳

第一段 Side, Hold, Side, Hold, Rumba, Hold

- 1-4 Step right to side, hold, step left together, hold
右足右踏, 候, 左足併踏, 候
- 5-8 Step right to side, step left together, step right forward, hold
右足右踏, 左足併踏, 右足前踏, 候

第二段 Side, Hold, Side, Hold, Rumba, Hold

- 1-4 Step left to side, hold, step right together, hold
左足左踏, 候, 右足併踏, 候
- 5-8 Step left to side, step right together, step left back, hold
左足左踏, 右足併踏, 左足後踏, 候

第三段 Walk Back, Right, Hold, Left, Hold, Coaster Step

- 1-4 Walk back right, hold, walk back left, hold
右足後走, 候, 左足後走, 候
- 5-8 Right coaster step 海岸步

第四段 Lock Step Forward Left, Hold, Step Turn ¼ Left, Cross Over

- 1-4 Step left forward, lock right behind left, step forward left hold
左足前踏, 右足於左足後鎖踏, 左足前踏, 候
- 5-8 Step right forward, turn ¼ left, cross right over left, hold
右足前踏, 左轉90度, 右足於左足前交叉踏, 候

第五段 Turn ¼ Right, ¼ Turn Tight, Rock Right, Touch Right Heel Forward

- 1-4 Turn ¼ right, step left back, turn ¼ right, step right to side, cross left over right, hold
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, 候
- 5-8 Rock right to side, recover, touch right heel forward, hold
右足右下沉, 左足回復, 右足踵前點, 候

第六段 Behind Side Cross, Hold, Side Rock Cross, Hold

- 1-4 Cross right behind left, step left to side, cross right over left, hold 右足於左足後交叉踏, 左足左踏,
右足於左足前交叉踏, 候
- 5-8 Rock left to side, recover, cross left over right, hold
左足左下沉, 右足回復, 左足於右足前交叉踏, 候

第七段 Coaster Step Right, Hold, Step ½ Turn, Step, Hold

- 1-4 Step right back, step left together, step forward right, hold
右足後踏, 左足併踏, 右足前踏, 候
- 5-8 Step left forward, turn ½ right, step left forward, hold
左足前踏, 右轉180度, 左足前踏, 候

第八段 Samba Step Right, Hold, Samba Step Left, Hold

1-4 Cross right over left, step left to side, step right to side, hold
右足於左足前交叉踏, 左足左踏, 右足右踏, 候

5-8 Cross left over right, step right to side, step left to side, hold
左足於右足前交叉踏, 右足右踏, 左足左踏, 候
