

Sleeping Alone (zh)

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Michael Vera-Lobos (AUS) - 2010年12月
音乐: If I Were a Boy - Reba McEntire : (CD: All The Women I Am)



前奏: Start On The Word "Boy" 唱"Boy"時起跳

第一段 Cross, Hold, Ball Cross, ½ Cross, Ball Cross, Side Rock, Replace, Behind & Side, Cross

- 1,2&3 Cross R over L, Hold, Stepping L to L Cross R over L (12:00)
右足於左足前交叉踏, 候, 左足左踏, 右足於左足前交叉踏(面向12點鐘)
- 4&5,6,7 Turning ½ L keeping wt on R Cross L over R (6:00) & Stepping R to R Cross L over R (6:00), Side Rock large Step R to R, Replace wt on L dragging R towards L (6:00)
左轉180度左足於右足前交叉踏(面向6點鐘), 右足右踏, 左足於右足前交叉踏(面向6點鐘), 右足右一大步, 左足回復右足拖併
- 8&1 Cross R behind L & Step L to L, Cross R over L (6:00)
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏(面向6點鐘)

第二段 ¼ R & ½ R, ½ R, Coaster R, Side, ½ Hinge R, Cross Shuffle

- 2&3 Turn ¼ R Stepping back on L & Turn a further ½ R on R, Turn ½ R Stepping back on L (9:00)
右轉90度左足後踏, 右轉180度, 右轉180度左足後踏(面向9點鐘)
- 4&5 Step back on R & Step L beside R, Step fwd on R dragging L towards R (9:00) 右足後踏, 左足併踏, 右足前踏左拖併(面向9點鐘)
- 6,7 Step L to L, Hinge ½ R (Ending with R to R - Wt on R Dragging L towards R) (3:00)
左足左踏, 右轉180度右足右踏左足拖併(面向3點鐘)
- 8&1 Cross Shuffle L over R Stepping L,R,L (3:00)
左足於右足前交叉交換-左, 右, 左(面向3點鐘)

第三段 Side & Together, Step Fwd, Side & Together, Step Fwd, Rock Fwd, Replace, 1 ¼ Triple R Travelling Back

- 2&3 Step R to R & Step L beside R, Step fwd on R (3:00)
右足右踏, 左足併踏, 右足前踏(面向3點鐘)
- 4&5 Step L to L & Step R beside L, Step fwd on L (3:00)
左足左踏, 右足併踏, 左足前踏(面向3點鐘)
- 6,7 Rock fwd R, Rock back on L 右足前下沉, 左足回復
- 8&1 Travelling back – Spin 1 ¼ R Stepping R,L,R (6:00)
(往後移)三步右轉一圈半-右, 左, 右(面向6點鐘)

第四段 Cross Samba Fwd, Cross & ¼ R, Step Back, Sweep Back, ½ Sailor R

- 2&3 Travel fwd – Cross L over R & Rock R to R, Replace wt on L (6:00)
(往前移)左足於右足前交叉踏, 右足右下沉, 左足回復(面向6點鐘)
- 4&5 Cross R over L & Step back on L turning ¼ R, Step back on R sweeping L to L (9:00)
右足於左足前交叉踏, 左足後踏右轉90度, 右足後踏左足繞至後(面向9點鐘)
- 6 Step back on L sweeping R to R side (9:00)
左足後踏右足繞向後(面向9點鐘)
- 7&8 ½ Sailor R Stepping R,L, Fwd R (3:00)
右180度轉水手-右, 左, 右足前踏(面向3點鐘)

RESTARTS:

Wall 2 & Wall 5 dance to count 32 & turning ¼ R Step L to L side to start again

第二面牆及第五面牆跳至此, 多一個&拍右轉90度左足左踏, 從頭起跳

第五段 & Rock Fwd, Replace & ¼ R, Cross, Step Side, L Sailor Drag, Step Back, Touch

- &1,2&3 Stepping onto L, Rock fwd on R, Rock back on & Turn ¼ R on R, Cross L over R (6:00)
左足踏, 右足前下沉, 左足回復, 右轉90度, 左足於右足前交叉踏(面向6點鐘)
- 4,5&6 Side Step R to R dragging L towards R (6:00), Sailor L Dragging R towards L 右足右踏左拖併(面向6點鐘), 左水手步右足拖併
- 7,8 Step back on R Dragging L, Touch L beside R (6:00)
右足後踏左足拖併, 左足併點(面向6點鐘)

第六段 Ball Step, ½ R, Half Shuffle R, Rock Fwd, Replace , Step Back & ½ R, Step Fwd

- &1,2,3&4 Stepping L beside R, Step fwd on R, Travelling fwd turn ½ R Stepping back on L (12:00), Turning a further ½ R shuffle R Stepping R,L,R (6:00)
左足併踏, 右足前踏, (往前移)右轉180度左足後踏(面向12點鐘), 右180度轉交換-右, 左, 右(面向6點鐘)
- 5,6,7&8 Rock fwd L Dragging R towards, Replace wt on R , Step back on L & Turn ½ R on R, Step fwd on L dragging R (12:00)
左足前下沉右足拖併, 右足回復, 左足後踏, 右轉180度, 左足前踏右足拖併(面向12點鐘)

第七段 & Step, Side & Replace, Cross, Side & ¼ R, Cross, Side Rock, Replace , Ball Cross

- &1,2&3 Stepping onto R, Step fwd L Dragging R towards L, Side Rock R to R & Replace wt on L, Cross R over L (12:00)
右足踏, 左足前踏右足拖併, 右足右下沉, 左足回復, 右足於左足前交叉踏(面向12點鐘)
- 4&5 Step side L & Turning ¼ R Step R to R Side, Cross L over R (3:00)
左足左踏, 右轉90度右足右踏, 左足於右足前交叉踏(面向3點鐘)
- 6,7&8 Side Rock R to R , Sway Hips L & Stepping R to R, Cross L over R (3:00)
右足右下沉, 左擺臀, 右足右踏, 左足於右足前交叉踏(面向3點鐘)

第八段 Travelling Fwd – Side Rock, Replace & Cross, Side Rock, Replace , Step Fwd R, ½ Pivot L, Step Fwd, ½ R, ¼ R & Step Side

- 1,2&3,4& Travelling fwd - Side Rock R to R, Replace wt on L & Cross R over L, Rock L to L , Replace wt on R & Cross L over R (3:00)
(往前移)右足右下沉, 左足回復, 右足於左足前交叉踏, 左足左下沉, 右足回復, 左足於右足前交叉踏(面向3點鐘)
- 5,6,7&8& Step fwd R, Pivot ½ L, Step fwd R & Turn ½ R stepping back on L, Turn a further ¼ R Stepping R to R side & Step L to L side (6:00)
右足前踏, 左軸轉180度, 右足前踏, 右轉180度左足後踏, 右轉90度右足右踏, 左足左踏(面向6點鐘)

FINISH: At the end of Wall 6 (Hold for 4 counts) Start on the Word "Boy"

結束: 唱"Boy"時, 第六面牆結束, 候4拍做結束
