

Unchain My Heart (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Dee Musk (UK) - 2011年02月
音乐: Unchain My Heart - Joe Cocker : (CD: Original Hits 80's - 3:29)



前奏 : 8 Count intro from heavy beat - start just after main vocals on the word 'Heart', Approx 22 secs

第一段 Skate R, Skate L, Diagonal Shuffle, Skate L, Skate R, Diagonal Shuffle.

- 1,2 Skate R forward, skate L forward. 右足前滑冰, 左足前滑冰
3&4 Shuffle forward to R diagonal stepping R, L, R.
右足右斜角前交换-右, 左, 右
5,6 Skate L forward, skate R forward. 左足前滑冰, 右足前滑冰
7&8 Shuffle forward to L diagonal stepping L, R, L. (12 o'clock).
左足左斜角前交换-左, 右, 左(面向12点钟)

第二段 Cross Back, Diagonal Shuffle Back, Cross Back, Diagonal Shuffle Back.

- 1,2 Cross R over L, step back on L. 右足於左足前交叉踏, 左足後踏
3&4 Shuffle back to R diagonal, stepping R, L, R.
右足右斜角後交换-右, 左, 右
5,6 Cross L over R, step back on R. 左足於右足前交叉踏, 右足後踏
7&8 Shuffle back to L diagonal, stepping L, R, L. (12 o'clock).
左足左斜角後交换-左, 右, 左(面向12点钟)

第三段 Back Rock, Step Lock, Step Lock Step, Step ¼ Turn R.

- 1,2 Rock back on R, recover weight to L. 右足後下沉, 左足回復
3,4 Step forward on R, lock L behind R. 右足前踏, 左足於右足後鎖踏
5&6 Step forward on R, lock L behind R, step forward on R.
右足前踏, 左足於右足後鎖踏, 右足前踏
7,8 Step forward on L, make a ¼ turn R, (weight on R). (3 o'clock).
左足前踏, 右軸轉90度(重心在右足)(面向3点钟)

第四段 Touch, Point, Cross Side, Touch Side, Cross Unwind ½ Turn L.

- 1,2 Touch L toe in front of R, point L toe to L side.
左足趾於右足前點, 左足趾左點
3,4 Step L over R, step R to R side. 左足於右足前交叉踏, 右足右踏
5,6 Touch L beside R, step L to L side. 左足併點, 左足左踏
7,8 Cross step R over L, unwind a ½ turn L, (weight on L) (9 o'clock).
右足於左足前交叉踏, 左繞轉180度(重心在左足)(面向9点钟)