

Your Heart, In Your Mind (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Wil Bos (NL) & Roy Verdonk (NL) - 2011年02月
音乐: Summerlove - David Tavaré : (CD: La Vida Viene Y Va)



前奏 : Intro: 28 Counts from first note or after 2 counts from first hard beat

第一段 Scuff, Step, Point L., Cross Rock, Recover, Close, Cross, Side Step, Sailor Step ¼ Turn R.

- 1&2 Scuff R. forward, Step down on R., Point L. out
右足前擦踢, 右足踏, 左足左點
- 3-4 Cross rock L. over R., Recover on R.
左足於右足前交叉下沉, 右足回復
- 8&5-6 Step L. to left side, Cross R. over L., Step L. to left side
左足左踏, 右足於左足前交叉踏, 左足左踏
- 7&8 Cross R. behind left, ¼ turn right step L. to left side, Step R. to right side (03:00)
右足於左足後交叉踏, 右轉90度左足左踏, 右足右踏(面向3點鐘)

第二段 Heel Ball Step, Rock, Recover, L. Shuffle Back, Full Turn R.

- 1&2 Touch L. heel forward, Step back on L. ball, Step R. forward
左足踵前點, 左足後踏, 右足前踏
- 3-4 Rock L. forward, Recover on R. 左足前下沉, 右足回復
- 5&6 Step L. back, Close R. next to L., Step L. back
左足後踏, 右足併踏, 左足後踏
- 7-8 ½ Turn right step forward on R., ½ Turn right step back on L.
右轉180度右足前踏, 右轉180度左足後踏

第三段 Behind Side Cross, Scissor Step, Diagonal Steps Forward: Step R., Lock, Step, Cross Over, Side Step

- 1&2 Cross R. behind L., Step L. to left side, Cross R. over L.
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 3&4 Step L. to left side, Close R. next to L., Cross L. over R.
左足左踏, 右足併踏, 左足於右足前交叉踏
- 5-6& Step R. forward to right diagonal, Lock L. behind R., Step R. forward to right diagonal
右足右斜角前踏, 左足於右足後鎖踏, 右足右斜角前踏
- 7-8 Cross L. over R., Step R. to right side (back to 03:00 o'clock wall) (03:00) 左足於右足前交叉踏, 右足右踏(面向3點鐘)

第四段 L. Sailor Step, Cross, Side Step, Rock Behind, Recover, & Step, Rock Behind, Recover

- 1&2 Cross L. behind R., Step R. to right side, Step L. to left side
左足於右足後交叉踏, 右足右踏, 左足左踏
- 3-4 Cross R. over L., Step L. to left side
右足於左足前交叉踏, 左足左踏
- 5-6& Cross Rock R. behind L., Recover on L., Step R. to right side
右足於左足後交叉下沉, 左足回復, 右足右踏
- 7-8 Cross L. behind R., Recover on R. 左足於右足後交叉下沉, 右足回復

第五段 L. Kick Ball Cross, Side Rock, Recover, Triple ¾ Turn Left, Rock Forward, Recover

- 1&2 Kick L. forward to left diagonal, Step down on ball of L., Cross R. over L. 左足左斜角前踢, 左足踏, 右足於左足前交叉踏
- 3-4 Side rock on L., Recover on R. 左足左下沉, 右足回復
- 5&6 Triple ¾ turn left stepping L-R-L (06:00)
三步左轉270度-左, 右, 左(面向6點鐘)

7-8 Rock forward on R., Recover on L. 右足前下沉, 左足回復

第六段 Out, Out, Close, L. Shuffle Forward, Pivot L. Full Turn L.

&1-2 Step back on R. to right side, Step back on L. to left side (feet shoulder width apart), Close R. next to L.
右足右後踏, 左足左後踏(與肩同寬), 右足併踏

3&4 Step L. forward, Close R. next to L, Step L. forward
左足前踏, 右足併踏, 左足前踏

5-6 Step R. forward, ½ turn left 右足前踏, 左轉180度

7-8 ½ turn left step back on R., ½ turn left step forward on L. (12:00)
左轉180度右足後踏, 左轉180度左足前踏(面向12點鐘)

第七段 Rock Forward Recover, Rock Forward, Recover, Step, Rock Forward, Recover, L. Shuffle Back

1-2 Rock forward on R. (use hip), Recover on L.
右足前下沉(推臀), 左足回復

3&4 Rock forward on R. (use hip), Recover on L., Step forward on R.(travel a little bit forward)
右足前下沉(推臀), 左足回復, 右足略前踏

5-6 Rock forward on L., Recover on R. 左足前下沉, 右足回復

7&8 Step L. back., Step R. next to L., Step L. back
左足後踏, 右足併踏, 左足後踏

第八段 R. Sailor Step ¼ Turn R., Syncopated ½ Turn R., Cross, Point, Cross Point

1&2 Cross R. behind L., ¼ turn right step L. to left side, Step R. to right side 右足於左足後交叉踏, 右轉90度左足左踏, 右足右踏

3&4 Step forward on L. ½ turn right, Step forward on L. (09:00)
左足前踏, 右轉180度, 左足前踏(面向9點鐘)

5-6 Cross R. over L., Point L. to left side
右足於左足前交叉踏, 左足左點

7-8 Cross L. over R., Point R. to right side
左足於右足前交叉踏, 右足右點

ENDING: first 6 counts of the dance + sailor ½ turn and step L. to left side 結束: 跳前面6拍後, 再跳轉水手交叉, 左足左踏, 結束舞曲, 詳細舞步如下

Scuff, Step, Point L., Cross Rock, Recover, Close, Cross, Side Step, Sailor Step 1/2 Turn Cross R.

1&2 Scuff R. forward, Step down on R., Point L. out
右足前擦踢, 右足踏, 左足左點

3-4 Cross rock L. over R., Recover on R.
左足於右足前交叉下沉, 右足回復

&5-6 Step L. to left side, Cross R. over L., Step L. to left side
左足左踏, 右足於左足前交叉踏, 左足左踏

7&8 ¼ turn right cross R. behind left, ¼ turn right step L. to left side, Cross R over L. (12:00)
右轉90度右足於左足後交叉踏, 右轉90度左足左踏, 右足於左足前交叉踏(面向12點鐘)

1 Step L. to left side and pose 左足左踏, 擺姿勢結束
