

# Magdalena (馬格莉娜) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Phrased Intermediate  
编舞者: Amy Yang (TW) - 2016年05月  
音乐: Magdalena - Demis Roussos



Intro : 16 counts

Sequence of dance : A A A(24) B B / A A A(16) A A(24) B B / A A(16) / B B B(16)

**PART A - 32 counts**

**Sec. A1: SIDE, RECOVER, CROSS SHUFFLE, 1/2 TURN R, CROSS SHUFFLE**

1-2,3&4      Step RF to R, Recover onto LF, Cross RF over LF, Step LF to L, Cross RF over LF  
5-6,7&8      1/4 turn R stepping backward on LF, 1/4 turn R stepping RF to R, RF, Cross LF over RF,  
Step RF to R, Cross LF over RF (06:00)  
1-2, 3&4      右足右踏, 重心回左足, 右足交叉左足前, 左足左踏, 右足交叉左足前  
5-6,7&8      右轉1/4左足後踏,右轉1/4右足右踏,左足交叉右足前,右足右踏,左足交叉右足前 (06:00)

**Sec. A2: VAUDEVILLE STEPS(R&L)**

1-2&3      Step RF to R, Step LF back, Step RF to R, Touch LF heel forward diagonal L  
&4      Step LF back, Cross RF over LF  
5-6&7      Step LF to L, Step RF back, Step LF to L, Touch heel forward diagonal R  
&8      Step RF back, Cross LF over RF  
1-2&3      右足右踏,左足後踏,右足右踏,左足腳腫點於左斜前  
&4      左足後踏,右足交叉左足前  
5-6&7      左足左踏,右足後踏,左足左踏,右足腳腫點於右斜前  
&8      右足後踏,左足交叉右足前

**Sec. A3: HEEL, HOLD, BESIDE(R&L), HEEL SWITCHES STEPS**

1-2&      Touch RF heel forward, Hold, Step RF beside LF  
3-4&      Touch LF heel forward, Hold, Step LF beside RF  
5&6&      Touch RF heel forward, Step RF beside LF, Touch LF heel forward, Step LF beside RF  
7 - 8      Touch RF heel forward, Hold and clap  
1-2&      右足腳腫前點,停拍,右足併於左足旁  
3-4&      左足腳腫前點,停拍,左足併於右足旁  
5&6&      右足腳腫前點,右足併於左足旁,左足腳腫前點,停拍,左足併於右足旁  
7 - 8      右足腳腫前點,停拍及拍手

**Sec. A4: CROSS, POINT(R&L), JAZZ BOX 1/4 TURN R**

1 - 4      Cross RF over LF, Point LF to L, Cross LF over RF, Point RF to R  
5 - 8      Cross RF over LF, 1/4 turn R step back on LF, Step RF to R, Step LF forward(09:00)  
1 - 4      右足交叉左足前,左足側點,左足交叉右足前,右足右側點  
5 - 8      右足交叉左足前,右轉1/4左足後踏,右足右踏,左足前踏(09:00)

**PART B - 32 counts**

**Sec. B1: SIDE, BESIDE, SIDE, TOUCH(R&L)**

1 - 4      Step RF to R, Step LF beside RF, Step RF to R, Touch LF beside RF  
5 - 8      Step LF to L, Step RF beside LF, Step LF to L, Touch RF beside L F  
1 - 4      右足右踏,左足併於右足旁,右足右踏,左足點收於右足旁  
5 - 8      左足左踏,右足併於左足旁,左足左踏,右足點收於左足旁

**Sec. B2: 1/4 TURN L, SIDE, BESIDE, SIDE, TOUCH, SIDE(R&L)**

1 - 4      1/4 turn L step RF to R, Step LF beside RF, Step RF to R, Touch LF beside RF(03:00)  
5 - 8      Step LF to L, Step RF beside LF, Step LF to L, Touch RF beside L F

- 1 – 4 右轉 1/4 右足右踏, 左足併於右足旁, 右足右踏, 左足點收於右足旁(03:00)  
5 – 8 左足左踏, 右足併於左足旁, 左足左踏, 右足點收於左足旁

**Sec. B3: CROSS, RECOVER, SIDE CHASSE(R&L)**

- 1 – 4 Cross RF over LF, Recover onto LF, Step RF to R, Step LF beside RF, Step RF to R  
5 – 8 Cross LF over RF, Recover onto RF, Step LF to L, Step RF beside LF, Step LF to L  
1 – 4 右足交叉左足前, 重心回左足, 右足右踏, 左足併於右足旁, 右足右踏  
5 – 8 左足交叉右足前, 重心回右足, 左足左踏, 右足併於左足旁, 左足左踏

**Sec. B4: FORWARD, TOUCH, BACKWARD, TOUCH(L&R), FORWARD, TOUCH**

- 1 – 4 Step RF forward R diagonal, Touch LF beside RF and clap, Step LF backward L diagonal,  
Touch RF beside LF and clap  
5 – 8 Step RF backward R diagonal, Touch LF beside RF and clap, Step LF forward L diagonal,  
Touch RF beside LF and clap  
1 – 4 右足右斜前踏, 左足點收於右足旁及拍手, 左足左斜後踏, 右足點收於左足旁及拍手  
5 – 8 右足右斜後踏, 左足點收於右足旁及拍手, 左足左斜前踏, 右足點收於左足旁及拍手

**Start again**

**Ending : During wall 17, after 16 counts, Then Cross RF over LF, 3/4 turn L (facing 12:00)**  
**結束: 在第十七面牆, 跳跳16拍, 然後右足交叉左足前, 左轉 3/4 (面向12:00)**

**Have Fun & Happy Dancing!**

**Contact Amy Yang: yang43999@gmail.com**

**Last Update – 7th May 2016**

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