

La Luna (月亮) (zh)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Nina Chen (TW) - 2017年04月
音乐: La Luna (Original Version) (feat Joan Kolova) - Contras



Intro: 32 counts

INTRO DANCE: 32 COUNTS

Sec i1: FWD MAMBO - BACK MAMBO - (R & L) SIDE MAMBO

1&2, 3&4 Rock RF fwd - Recover onto LF - Step RF beside LF - Rock LF back - Recover onto RF - Step LF beside RF
5&6, 7&8 Rock RF to R - Recover onto LF - Step RF beside LF - Rock LF to L - Recover onto RF - Step LF beside RF
1&2, 3&4 右足前下沉 - 重心回左足 - 右足併踏左足旁 - 左足後下沉 - 重心回右足 - 左足併踏右足旁
5&6, 7&8 右足右下沉 - 重心回左足 - 右足併踏左足旁 - 左足左下沉 - 重心回右足 - 左足併踏右足旁

Sec i2: FWD PIVOT 1/8 TURN L. x4

1-4 Step RF fwd - Pivot 1/8 turn L (10:30) - Step RF fwd - Pivot 1/8 turn L (9:00)
5-8 Step RF fwd - Pivot 1/8 turn L (7:30) - Step RF fwd - Pivot 1/8 turn L (6:00)
1-4 右足前踏 - 向左踏轉 1/8 (10:30) - 右足前踏 - 向左踏轉 1/8 (9:00)
5-8 右足前踏 - 向左踏轉 1/8 (7:30) - 右足前踏 - 向左踏轉 1/8 (6:00)

Sec i3: FWD MAMBO - BACK MAMBO - (R & L) SIDE MAMBO

1&2, 3&4 Rock RF fwd - Recover onto LF - Step RF beside LF - Rock LF back - Recover onto RF - Step LF beside RF
5&6, 7&8 Rock RF to R - Recover onto LF - Step RF beside LF - Rock LF to L - Recover onto RF - Step LF beside RF
1&2, 3&4 右足前下沉 - 重心回左足 - 右足併踏左足旁 - 左足後下沉 - 重心回右足 - 左足併踏右足旁
5&6, 7&8 右足右下沉 - 重心回左足 - 右足併踏左足旁 - 左足左下沉 - 重心回右足 - 左足併踏右足旁

Sec i4: FWD PIVOT 1/8 TURN L. x4

1-4 Step RF fwd - Pivot 1/8 turn L (5:30) - Step RF fwd - Pivot 1/8 turn L (3:00)
5-8 Step RF fwd - Pivot 1/8 turn L (1:30) - Step RF fwd - Pivot 1/8 turn L (12:00)
1-4 右足前踏 - 向左踏轉 1/8 (5:30) - 右足前踏 - 向左踏轉 1/8 (3:00)
5-8 右足前踏 - 向左踏轉 1/8 (1:30) - 右足前踏 - 向左踏轉 1/8 (12:00)

MAIN DANCE: 32 COUNTS

Sec 1: SIDE - TOGETHER - FWD SHUFFLE - FWD - TOUCH - BACK SHUFFLE

12,3&4 Step RF to R - Step LF beside RF - Fwd shuffle (R L R)
56,7&8 Step LF fwd - Touch RF behind LF - Back shuffle (R L R)
12,3&4 右足右踏 - 左足併踏右足旁 - 前交換步 (右左右)
56,7&8 左足前踏 - 右足點於左足後 - 後交換步 (右左右)

Sec 2: 1/4 L SIDE - POINT R - SIDE - BRUSH - JAZZBOX 1/4 L

1-4 1/4 turn L (9:00) step LF to L - Point R toes to R diagonal - Step RF to R - Brush LF fwd
5-8 Cross LF over RF - Step RF back - 1/4 turn L (6:00) step LF to L - Touch RF beside LF
1-4 左轉 1/4 (9:00) 左足左踏 - 右足尖斜右前方點 - 右足右踏 - 左足刷前擺
5-8 左足前跨 - 右足後踏 - 左轉 1/4 (6:00) 左足左踏 - 右足點於左足旁

Sec 3: FWD MAMBO - BACK MAMBO - (R & L) SIDE MAMBO

1&2, 3&4 Rock RF fwd - Recover onto LF - Step RF beside LF - Rock LF back - Recover onto RF - Step LF beside RF

5&6, 7&8 Rock RF to R - Recover onto LF - Step RF beside LF - Rock LF to L - Recover onto RF - Step LF beside RF
1&2, 3&4 右足前下沉 - 重心回左足 - 右足併踏左足旁 - 左足後下沉 - 重心回右足 - 左足併踏右足旁
5&6, 7&8 右足右下沉 - 重心回左足 - 右足併踏左足旁 - 左足左下沉 - 重心回右足 - 左足併踏右足旁

Sec 4: ROCK - RECOVER - FWD SHUFFLE 1/2 R - FWD - RECOVER - SAILOR 1/4 TURN L

1 2,3&4 Rock RF fwd - Recover onto LF - Fwd shuffle (R L R) 1/2 turn R (12:00)
5 6,7&8 Step LF fwd - Recover onto RF - 1/4 turn L (9:00) step LF behind RF - Step RF to R - Step LF fwd
1 2,3&4 右足前下沉 - 重心回左足 - 前交換步 (右左右) 向右轉1/2 (12:00)
5 6,7&8 左足前踏 - 重心回右足 - 左轉1/4 (9:00) 左足後跨 - 右足右踏 - 左足前踏

Tag 1: After Intro dance (12:00), Wall5 (9:00)

ROCKING CHAIR

1-4 Rock RF fwd - Recover onto LF - Rock RF back - Recover onto LF
1-4 右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足

Tag 2: After Wall6 (6:00)

FWD - HOLD (CLAP) - 1/2 TURN L FWD - HOLD (CLAP)

1-4 Step RF fwd - Hold and clap hands twice - 1/2 turn L (12:00) Step RF fwd - Hold and clap hands
1-4 右足前踏 - 停拍並拍手兩下 - 左轉1/2 (12:00) 右足前踏 - 停拍並拍手

Have Fun & Happy Dancing !!!

Contact Nina Chen: nina.teach.dance@gmail.com
