

Circle (圓圈) (zh)

COPPER KNOB
STYLEDANCE

拍数: 96 墙数: 1 级数: Phrased Low Intermediate
编舞者: Nina Chen (TW) & Molly Yeoh (MY) - 2017年09月
音乐: Ring (圓圈) - Barbie (芭比)



Intro: 16 counts

Sequence: Intro (B), (A A Tag1), (A A Tag2 C), (A A B C), (A A B)

Part A: (32 counts)

A1: BACK MAMBO - SWEEP 1/4 L, FWD MAMBO - SWEEP 1/4 R

1&2, 3-4 Rock RF back - Recover onto LF - Step RF beside LF, Sweep LF from R to L in a big circle
1/4 turn L (9:00) touch LF beside RF (2 counts)

5&6, 7-8 Rock LF fwd - Recover onto RF - Step LF beside RF, Sweep RF from L to R in a big circle
1/4 turn R (12:00) touch RF beside LF (2 counts)

1&2, 3-4 右足後下沉 - 重心回左足 - 右足併踏左足旁, 左足由右至左畫一個大圈 向左轉 1/4 (9:00) 左足
點於右足旁 (兩拍)

5&6, 7-8 左足前下沉 - 重心回右足 - 左足併踏右足旁, 右足由左至右畫一個大圈 向右轉 1/4 (12:00) 右足
點於左足旁 (兩拍)

A2: (R & L) CROSS MAMBO, BACK - TOUCH - BACK - TOUCH - BACK - TOUCH - BACK

1&2, 3&4 Cross RF over LF - Recover onto LF - Step RF to R, Cross LF over RF - Recover onto RF -
Step LF to L

5&6&7&8 Step RF back - Touch LF slightly fwd - Step LF back - Touch RF slightly fwd - Step RF back -
Touch LF slightly fwd - Step LF back

1&2, 3&4 右足前跨 - 重心回左足 - 右足右踏, 左足前跨 - 重心回右足 - 左足左踏

5&6&7&8 右足後踏 - 左足略前點 - 左足後踏 - 右足略前點 - 右足後踏 - 左足略前點 - 左足後踏

A3: (R & L) POINT - HITCH - SIDE - TOUCH

1-4 Point R toes to R - Hitch RF over LF - Step RF to R - Touch LF beside RF

5-8 Point L toes to L - Hitch LF over RF - Step LF to L - Touch RF beside LF

1-4 右足尖右點 - 右足抬起前跨 - 右足右踏 - 左足點於右足旁

5-8 左足尖左點 - 左足抬起前跨 - 左足左踏 - 右足點於左足旁

A4: L WEAVE - POINT, CROSS - 1/4 L BACK - L CHASSE

1-4 Cross RF over LF - Step LF to L - Cross RF behind LF - Point L toes to L

5-6, 7&8 Cross LF over RF - 1/4 turn L (9:00) step RF back, Step LF to L - Step RF beside LF - Step
LF to L

1-4 右足前跨 - 左足左踏 - 右足後跨 - 左足尖左點

5-6, 7&8 左足前跨 - 左轉 1/4 (9:00) 右足後踏, 左足左踏 - 右足併踏左足旁 - 左足左踏

Part B (Intro dance): (32 counts)

B1: R SIDE - TOUCH - L SIDE - TOUCH, R CHASSE, ROCK BACK - RECOVER

1-4 Step RF to R - Touch LF beside RF - Step LF to L - Touch RF beside LF

5&6, 7-8 Step RF to R - Step LF beside RF - Step RF to R, Rock LF back - Recover onto RF

1-4 右足右踏 - 左足點於右足旁 - 左足左踏 - 右足點於左足旁

5&6, 7-8 右足右踏 - 左足併踏右足旁 - 右足右踏, 左足後下沉 - 重心回右足

B2: L SIDE - TOUCH - R SIDE - TOUCH, L CHASSE, ROCK BACK - RECOVER

1-4 Step LF to L - Touch RF beside LF - Step RF to R - Touch LF beside RF

5&6, 7-8 Step LF to L - Step RF beside LF - Step LF to L, Rock RF back - Recover onto LF

1-4 左足左踏 - 右足點於左足旁 - 右足右踏 - 左足點於右足旁

5&6, 7-8 左足左踏 - 右足併踏左足旁 - 左足左踏, 右足後下沉 - 重心回左足

B3: ROCKING CHAIR, FWD SHUFFLE, FWD PIVOT 1/2 R

- 1-4 Rock RF fwd - Recover onto LF - Rock RF back - Recover onto LF
 5&6, 7-8 Fwd shuffle (R L R), Step LF fwd - Pivot 1/2 R (6:00) weight onto RF
 1-4 右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足
 5&6, 7-8 前交換步 (右 左 右), 左足前踏 - 向右踏轉 1/2 (6:00) 重心回右足

B4: FWD ROCK - RECOVER, COASTER STEP, FWD PIVOT 1/2 L - BRUSH - TOUCH

- 1-2, 3&4 Rock LF fwd - Recover onto RF, Step LF back - Step RF beside LF - Step LF fwd
 5-8 Step RF fwd - Pivot 1/2 L (12:00) weight onto LF - Brush RF fwd - Touch RF beside LF
 1-2, 3&4 左足前下沉 - 重心回右足, 左足後踏 - 右足併踏左足旁 - 左足前踏
 5-8 右足前踏 - 向左踏轉 1/2 (12:00) 重心回左足 - 右足前刷 - 右足點於左足旁

Part C: (32 counts)**C1: SIDE - TOGETHER - SIDE - TOGETHER - SIDE - TOGETHER - SIDE - TOUCH**

- 1-4 Step RF to R - Step LF beside RF - Step RF to R - Step LF beside RF
 5-8 Step RF to R - Step LF beside RF - Step RF to R - Touch LF beside RF
 1-4 右足右踏 - 左足併踏右足旁 - 右足右踏 - 左足併踏右足旁
 5-8 右足右踏 - 左足併踏右足旁 - 右足右踏 - 左足點於右足旁

C2: TOE STRUT WITH JAZZ BOX

- 1-4 Touch L toe over RF - Drop L heel to the floor - Touch R toe back - Drop R heel to the floor
 5-8 Touch L toe L - Drop L heel to the floor - Touch R toe over LF - Drop R heel to the floor
 1-4 左足尖前跨點 - 放落左足跟回地板 - 右足尖後點 - 放落右足跟回地板
 5-8 左足尖左點 - 放落左足跟回地板 - 右足尖前跨點 - 放落右足跟回地板

C3: LONG DIAGONAL FWD LOCKSTEP

- 1-4 Step LF slightly diagonal fwd - Lock RF behind LF - Step LF slightly diagonal fwd - Lock RF behind LF
 5-8 Step LF slightly diagonal fwd - Lock RF behind LF - Step LF slightly diagonal fwd - Touch RF beside LF
 1-4 左足略左斜前踏 - 右足鎖於左足後 - 左足略左斜前踏 - 右足鎖於左足後
 5-8 左足略左斜前踏 - 右足鎖於左足後 - 左足略左斜前踏 - 右足點於左足旁

C4: HANDS STYLE - KNEE IN - WALK AROUND 1/2 R - TOGETHER

- 1-4 Fold R hand across in the chest (may sway your body same time), Fold L hand across in the chest (may sway your body same time) - Both hands open out wide - Turn R Knee in (weight on L)
 5-8 1/2 R turn walk semi circle (R L R) (6:00) - Step LF beside RF
 1-4 右手環抱於胸前(身體同時擺動) - 左手環抱於胸前(身體同時擺動) - 雙手於胸前向外敞開 - 右膝向內彎
 5-8 (右 左 右) 半圓形向右轉1/2 走三步 (6:00) - 左足併踏右足旁

Tag1: (16 counts)**Sec1: HIPS BUMP - 1/4 R FWD - 1/4 HITCH, SHIMMY - TOUCH**

- 1-4 Hips bump (R L) - 1/4 turn R step RF fwd - 1/4 turn R hitch LF
 5-8 Step LF to L while Shimmy shoulders - Touch RF beside LF
 1-4 推臀 (右 左) - 右轉1/4 右足前踏 - 右轉1/4 左足抬起
 5-8 左足左踏同時擺動肩部 - 右足點於左足旁

Sec2: HIPS BUMP - 1/4 R FWD - 1/4 HITCH, SHIMMY - TOUCH

- 1-4 Hips bump (R L) - 1/4 turn R step RF fwd - 1/4 turn R hitch LF
 5-8 Step LF to L while Shimmy shoulders - Touch RF beside LF
 1-4 推臀 (右 左) - 右轉1/4 右足前踏 - 右轉1/4 左足抬起
 5-8 左足左踏同時擺動肩部 - 右足點於左足旁

Tag2: (32 counts)

Sec1: FWD ROCK - RECOVER, BACK SHUFFLE, BACK ROCK - RECOVER, FWD SHUFFLE

1-2, 3&4 Rock RF fwd - Recover onto LF, Back shuffle (R L R)

5-6, 7&8 Rock LF back - Recover onto RF, Fwd shuffle (L R L)

1-2, 3&4 右足前下沉 - 重心回左足, 後交換步 (右 左 右)

5-6, 7&8 左足後下沉 - 重心回右足, 前交換步 (左 右 左)

Sec2: (R & L) SIDE ROCK - RECOVER, CROSS SHUFFLE

1-2, 3&4 Rock RF to R - Recover onto LF, Cross shuffle (R L R)

5-6, 7&8 Rock LF to L - Recover onto RF, Cross shuffle (L R L)

1-2, 3&4 右足右下沉 - 重心回左足, 跨交換步 (右 左 右)

5-6, 7&8 左足後下沉 - 重心回右足, 前交換步 (左 右 左)

Sec3: FWD PIVOT 1/2 L - FWD SHUFFLE, FWD PIVOT 1/2 R - FWD SHUFFLE

1-2, 3&4 Step RF fwd - Pivot 1/2 L (6:00) weight onto LF, Fwd shuffle (R L R)

5-6, 7&8 Step LF fwd - Pivot 1/2 R (12:00) weight onto RF, Fwd shuffle (L R L)

1-2, 3&4 右足前踏 - 向左踏轉 1/2 (6:00) 重心回左足, 前交換步 (右 左 右)

5-6, 7&8 左足前踏 - 向右踏轉 1/2 (12:00) 重心回右足, 前交換步 (左 右 左)

Sec4: (R & L) SIDE ROCK - RECOVER, CHA CHA CHA

1-2, 3&4 Rock RF to R - Recover onto LF, Step RF beside LF - Step LF in place - Step RF in place

5-6, 7&8 Rock LF to L - Recover onto RF, Step LF beside RF - Step RF in place - Step LF in place

1-2, 3&4 右足右下沉 - 重心回左足, 右足併踏左足旁 - 左足原地踏 - 右足原地踏

5-6, 7&8 左足後下沉 - 重心回右足, 左足併踏右足旁 - 右足原地踏 - 左足原地踏

Have Fun & Happy Dancing !!!

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