

You Are Forever In My Heart (在心裡從此永遠有個你) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Nina Chen (TW) - 2017年11月
音乐: You Are Forever In My Heart (在心裡從此永遠有個你) - Ziling Liu (劉紫玲)



Intro: 32 counts - No Tag ! No Restart !!

Sec 1: ROCKING CHAIR, SIDE - TOGETHER, R CHASSE

1-4 Rock RF fwd - Recover on LF - Rock RF back - Recover on LF
5-6, 7&8 Step RF to R - Step LF beside RF, Step RF to R - Step LF beside RF - Step RF to R
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 右足右踏 - 左足併踏右足旁, 右足右踏 - 左足併踏右足旁 - 右足右踏

Sec 2: ROCKING CHAIR, SIDE - TOGETHER, L CHASSE

1-4 Rock LF fwd - Recover on RF - Rock LF back - Recover on RF
5-6, 7&8 Step LF to L - Step RF beside LF, Step LF to L - Step RF beside LF - Step LF to L
1-4 左足前下沉 - 重心回右足 - 左足後下沉 - 重心回右足
5-6, 7&8 左足左踏 - 右足併踏左足旁, 左足左踏 - 右足併踏左足旁 - 左足左踏

Sec 3: ROCK FWD - RECOVER, BACK SHUFFLE, ROCK BACK - RECOVER, FWD SHUFFLE

1-2, 3&4 Rock RF fwd - Recover on LF, Step RF back - Cross LF over RF - Step RF back
5-6, 7&8 Rock LF back - Recover on RF, Step LF fwd - Step RF beside LF - Step LF fwd
1-2, 3&4 右足前下沉 - 重心回左足, 右足後踏 - 左足跨於右足前 - 右足後踏
5-6, 7&8 左足後下沉 - 重心回右足, 左足前踏 - 右足併踏左足旁 - 左足前踏

Sec 4: SIDE ROCK - RECOVER, CHA CHA CHA, ROCK FWD - RECOVER, FWD SHUFFLE 1/2 L

1-2, 3&4 Rock RF to R - Recover on LF, Step RF beside LF - Step LF in place - Step RF in place
5-6, 7&8 Rock LF fwd - Recover on RF, 1/4 turn L (9:00) step LF fwd - Step RF beside LF - 1/4 turn L (6:00) step LF fwd
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 左足前下沉 - 重心回右足, 左轉1/4 (9:00) 左足前踏 - 右足併踏左足旁 - 左轉1/4 (6:00) 左足前踏

Have Fun & Happy Dancing !!!

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