

Life Is Summer Time (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Stoney - Lobo



Intro : 16 counts - No Tag, No Restart

Sec. 1: TOE, HEEL, CROSS(R&L), SIDE, RECOVER, CROSS, CHASSE 1/4 TURN L

1& 2 Touch RF beside LF, Touch RF heel forward, Cross RF over LF
3& 4 Touch LF beside RF, Touch LF heel forward, Cross LF over RF
5& 6 Step RF to R, Recover onto LF, Cross RF over LF
7& 8 Step LF to L, Step RF beside LF, 1/4 turn L step LF forward(09:00)
1& 2 右足腳尖點收於左足旁,右足腳腫前點,右足交叉左足前
3& 4 左足腳尖點收於右足旁,左足腳腫前點,左足交叉右足前
5& 6 右足右踏,重心回左足,右足交叉左足前
7& 8 左足左踏,右足併於左足旁,左轉1/4左足前踏(09:00)

Sec. 2: CHARLESTON STEP, MONTEREY 1/4 TURN(x2)

1& 2 Sweep/Touch RF forward, Recover onto LF, Sweep/Step RF back
3& 4 Sweep/Touch LF back, Recover onto RF, Sweep/Step LF forward
5&6& Point RF to R, 1/4 turn R step RF beside LF, Point LF to L, Step LF beside RF(12:00)
7&8& Point RF to R, 1/4 turn R step RF beside LF, Point LF to L, Step LF beside RF (03:00)
1& 2 右足前點,重心回左足,右足後踏
3& 4 右足後點,重心回右足,左足前踏
5&6& 右足右側點,右轉1/4 右足併於左足旁,左足左側點,左足併於右足旁(12:00)
7&8& 右足右側點,右轉1/4 右足併於左足旁,左足左側點,左足併於右足旁(03:00)

Sec. 3: FORWARD, TOUCH, BACK, KICK, BEHIND, SIE, CROSS, FORWARD, TOUCH, BACK, KICK, BEHIND, 1/4 TURN R, FORWARD

1&2& Step RF forward R diagonal, Touch LF beside RF, Step LF back diagonal, Kick RF forward R diagonal
3& 4 Cross RF behind LF, Step LF to L, Cross RF over LF
5&6& Step LF forward L diagonal, Touch RF beside LF, Step RF back diagonal, Kick LF forward L diagonal
7& 8 Cross LF behind RF, 1/4 turn R step on RF, Step LF forward(06:00)
1&2& 右足斜前踏,左足點收於右足旁,左足斜後踏,右足斜前踢
3& 4 右足交叉左足後,左足左踏,右足交叉左足前
5&6& 左足斜前踏,右足點收於左足旁,右足斜後踏,左足斜前踢
7& 8 左足交叉右足後,右轉 1/4 右足踏,左足前踏(06:00)

Sec. 4: FORWARD MAMBO, BACK MAMBO, 3/4 TURN R STEP WALK

1& 2 Step RF forward, Recover onto LF, Step RF back
3& 4 Step LF back, Recover onto RF, Step LF forward
5 - 8 3/4 turn R step walk on RF、LF、RF、LF(03:00)
1& 2 右足前踏,重心回左足,右足後踏
3& 4 左足後踏,重心回右足,左足前踏
5 - 8 右轉3/4右足走步、左足走步,右足走、左足走步(03:00)

Start again.

Ending : During walls 9, after 28 counts(facing06:00), change the "3/4 Turn R step walk" to 1/2 Turn R back to the front

結束：在牆9期間，經過28次計數（面向06:00）後，將“右轉3/4右足走步”更改為1/2將R轉回前面

Have Fun & Happy Dancing !

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