

Crossroads Of My Life (我人生的十字路口) 4-2 (P) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 0
编舞者: Oliver Neundorf (DE) - 2020年12月
音乐: Crossroads - Andy Nickel

级数: Low Intermediate - Couples



Note: The dance begins after 64 counts with the use of the song - no restart, 1 tag

计数: 32. 墙: — 级别: 低中间偶

编舞: 奥利弗·纽多夫 (德奥) — 2020年12月

音乐: 克罗斯罗兹 — 安迪·尼克尔

注: 舞会在64秒后开始, 使用歌曲 — 不重新启动, 1个标签

Touch Behind, Pivot 1/2 r, Stomp 2, Step, Pivot 1/2 l, Walk 2

1-2 Tap right toe behind left heel, 1/2 turn to the right on both pads Stomp
3-4 2 times with left foot next to right, weight at the end on the left
5-6 steps with right, 1/2 turn left on both balls, weight at the end on the left
7-8 2 steps forward (r - l)

后触、透视1/2 r、Stomp 2、步骤、透视1/2 l、步行2

1-2 在左跟后按右趾, 在两个垫上向右转1/2口

左脚靠右3-4 2倍, 左端重量

右5-6步, 左1/2左转, 左端重量

7-8 2步前进(r-l)

Rock Side r, Shuffle, Rock Side l, Shuffle

1-2 Step to the right with right, lift left foot a little - weight back on the left foot
3&4 Step forward with right - put left foot on right and step forward with right
5-6 Step to the left with your left, lift your right foot a little - weight back on your right foot
7&8 Step forward with left - put right foot next to left and step forward with left

摇滚侧r, 洗牌, 摇滚侧l, 洗牌

右向1-2步, 左脚稍抬一下 — 左重

脚

3&4 右前进 — 左脚右前, 右前

左起5-6步, 右脚稍微抬起 — 重量重回

你的右脚

7&8 向左前进 — 左边右脚, 向前前进

左

Walk 2-Out-Out-In-In, Back 2, Rock Back

1-2 2 steps forward (r - l)
& 3 Take a small step to the right with the right and to the left with the left
& 4 Step back to the starting position with right and left feet to the right. move on
5-6 2 steps backwards (r - l)
7-8 Step back with right, lift left foot a little - weight back on left foot

走2-out-out-in-in, 后2, 摇滚

1-2 2步前进(r-l)

&3 向右、左、右迈出一小步

&4 向右和左脚退回到起始位置。

移动

5-6 2步向后(r - l)

7-8 向后退, 向右退, 左脚稍微抬一下 — 左脚重量

Woman: Step, Pivot 1/2 l, Step Pivot 1/2 l,

Man: Rocking Chair,

Woman / man: out, out, in, back

- 1-2 F: Step forward with right - ½ turn to the left on both balls, weight at the end on the left (6 o'clock)
3-4 F: Step forward with right - ½ turn to the left on both balls, weight at the end on the left (12 o'clock)
1-2 M: Step forward with right, lift left foot a little - weight back on the left foot
3-4 M: Step backwards with right, lift left foot a little - weight back on left foot
5-6 Step diagonally to the right in front with right - small step to the left with left (only put on the hoe)
7-8 Step back to the starting position with right - step back with left

女性：步骤，旋转透视1/2升，旋转透视1/2升，

男人：摇椅，

女人/男人：出，出，进，退

1-2 女性：向前一步，右 — 两个球向左转1/2，重量为

左结束（6点）

3-4 女性：向前一步，右 — 两个球向左转1/2，重量为

左边结束（12点）

1-2 男人：向前走，左脚抬一点 — 重力重在左脚

3-4 男人：向后退，左脚稍微抬一下 — 左脚重重

5-6 步向右前右 — 向左小步向右

左（只放在锄上）

7-8 右退至起始位置 — 左退

Repeat until the end

Tag / bridge (after the end of the 12th round)

Hold 4

1-4 4 beats (keep dancing on "Crossroads")

重复到结尾

标记/桥（第12轮结束后）

保持4

1-4 4节拍（在"十字路口"上继续跳舞）

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