

Aloha Heja He (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Maria Nix (DE) - 2022年02月
音乐: Aloha Heja He - Achim Reichel : (Album: Melancholia and Storm tide - 1991)



Intro: Start after 32 count and 1 count before singer starts

简介: 在 32 次计数后开始, 在歌手开始前 1 次计数

Section 1: Side step right, behind side ¼ turn, shuffle, step ¼ turn, shuffle across

第 1 节: 向右侧步, 在侧后 ¼ 转, 洗牌, 步 ¼ 转, 洗牌

- 1-2 右脚右步, 左脚放在右脚后面
3&4 右脚向右迈出 ¼ 转面向 3 点钟方向, 左脚合拢, 右脚向前迈出
5-6 左脚向前走, 1/4 向右转, 面向 6 点钟方向, 右脚重心
7&8 左脚交叉在右脚上, 重心放在右脚上, 右脚在右脚后合拢, 左脚交叉在右脚上
- 1-2 step right with right foot, set left foot behind right foot
3&4 step right with right foot with ¼ turn facing 3 o'clock, close left foot, step forward with right foot
5-6 step forward with left foot, ¼ turn right facing 6 o'clock with weight on right foot
7&8 cross left foot over right foot with weight on right foot, close right foot behind right foot, cross left foot over right foot

Section 2: Right/left side rock, behind side cross, side rock, behind side cross

第 2 节: 右侧/左侧侧石, 侧十字后, 侧石, 侧十字后

- 1-2 右脚向右迈步, 重心放在右脚上, 左脚保持原位, 将重心放回左脚
3&4 右脚在左脚后交叉, 左脚靠近右脚, 右脚在左脚上交叉
5-6 左脚向左走, 左脚重心, 右脚保持原位, 重心放回右脚
7&8 左脚在右脚后交叉, 右脚靠近左脚, 左脚在右脚上交叉
- 1-2 step right with right foot with weight on right foot, left foot remains on place, put weight back on left foot
3&4 cross right foot behind left foot, close left foot next to right foot, cross right foot over left foot
5-6 step left with left foot with weight on left foot, right foot remains on place, put weight back on right foot
7&8 cross left foot behind right foot, close right foot next to left foot, cross left foot over right foot

Section 3: Step, lock, step lock step right/left

第 3 节: 步进、锁定、步进锁定步进右/左

- 1-2 右脚向前迈步, 左脚在右脚后交叉
3&4 右脚向前迈步, 左脚在右脚后交叉
5-6 左脚向前走, 右脚在左脚后交叉
7&8 左脚向前迈步, 右脚在左脚后交叉, 左脚向前迈步
- 1-2 step forward with right foot, cross left foot tight behind right foot
3&4 step forward with right foot, cross left foot tight behind right foot, step forward with right foot
5-6 step forward with left foot, cross right foot tight behind left foot
7&8 step forward with left foot, cross right foot tight behind left foot, step forward with left foot

Section 4: Rock step, ½ turn right, shuffle, rock step, sailor ½ turn left

第 4 节: 岩步, ½ 右转, 洗牌, 岩步, 水手 ½ 转左

- 1-2 右脚向前迈步, 重心放在右脚上, 左脚保持原位, 重心放回左脚
3&4 ½ 右转, 右脚面向 12 点钟方向, 左脚靠近右脚, 右脚向前迈步
5-6 左脚向前迈步, 左脚重心, 右脚保持原位, 重心放回右脚

- 7&8 左脚在右脚后交叉，向左转 $\frac{1}{2}$ 面向6点钟方向，重心放在左脚上
- 1-2 step forward with right foot with weight on right foot, left foot remains on place, put weight back on left foot
- 3&4 $\frac{1}{2}$ turn right with right foot facing 12 o'clock, close left foot next to right foot, step forward with right foot
- 5-6 step forward with left foot with weight on left foot, right foot remains on place, put weight back on right foot
- 7&8 cross left foot behind right foot, $\frac{1}{2}$ turn left facing 6 o'clock with weight on left foot

Tag – 16 count (2 times) / Ending

标签 16个(3次)

In wall 5 after 24 counts (after left step lock step) – facing 6 o'clock

在24次计数后(左步锁定步后)在墙5中 – 面向6点钟方向

In wall 7 after 8 counts (after step $\frac{1}{4}$ turn) – facing 6 o'clock

计数8次后在墙壁7中(步 $\frac{1}{4}$ 转后) – 面向6点钟方向

In wall 9 after 24 counts (after left step lock step) – facing o'clock / $\frac{1}{2}$ turn left facing 12 o'clock, keep swinging arms until the end (ending)

24 次计数后在9号墙中(左步锁定步后) – 面向12点钟方向/向左 $\frac{1}{2}$ 转，继续摆动手臂直到结束(结束)

Section 1: Step, $\frac{1}{2}$ turn left to 12 o'clock, step $\frac{1}{2}$ turn left to 6 o'clock, at the same time raise your hands, swing your arms in time with the song from right to left (see demo video)

第1节: Step, $\frac{1}{2}$ 转左至12点, step $\frac{1}{2}$ 转左至6点, 同时举起双手, 随着歌曲从右向左摆动手臂(见演示视频)

- 1-2 右脚向前走, 同时举起双手; 将它们摆动到身体前方的右侧
- 3-4 两个球面向6点钟方向左转 $\frac{1}{2}$, 同时举手; 将它们摆动到身体前方的左侧
- 5-6 右脚向前走, 同时举起双手; 将它们摆动到身体前方的右侧
- 7-8 两个球面向12点钟方向左转 $\frac{1}{2}$, 同时举手; 将它们摆动到身体前方的左侧

- 1-2 step forward with right foot, at the same time raise your hands; swing them to the right side in front of your body
- 3-4 $\frac{1}{2}$ turn left on both balls facing 6 o'clock, at the same time raise your hands; swing them to the left side in front of your body
- 5-6 step forward with right foot, at the same time raise your hands; swing them to the right side in front of your body
- 7-8 $\frac{1}{2}$ turn left on both balls facing 12 o'clock, at the same time raise your hands; swing them to the left side in front of your body

Section 2: Grapevine, rolling vine

第2节: 葡萄藤, 卷藤

- 1-4 右脚向右跨步, 左脚在右脚后交叉, 右脚向右跨步, 左脚在右脚旁边轻敲
- 5-8 向左全转3步(左-右-左), 在左脚旁边轻敲右脚
- 1-4 step right with right foot, cross left foot behind right foot, step right with right foot, tap left foot next to right foot
- 5-8 full turn with 3 steps towards left (left-right-left), tap right foot next to left foot