

On My Way (在我的路上) (zh)

COPPER KNOB
STEPSHEETS

拍数: 52 墙数: 4 级数: High Beginner
编舞者: Maria Nix (DE) - 2022年09月
音乐: I'm on My Way - Sarah Brown



Note: The dance starts with the use of vocals

S1: Side Drag (r), Rock Back (l), rock step(l), Hold

S1 : 侧身拖动(r), 摇滚回旋(l), 摇滚步(l), 保持

- 1-2 RF向右长步, 将LF拉至右脚
 - 3-4 LF向后迈步, 将重心移回右侧
 - 5-6 LF向前迈步, RF留在原地, 重心回到右侧
 - 7-8 LF后退一步, 重心向右后移, 保持1小节
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- 1-2 RF long step to the right, pull LF to right foot
 - 3-4 LF step backward, shift weight back to right side
 - 5-6 LF step forward, RF stay in place, weight back to right side
 - 7-8 LF step back, shift weight back to right, hold 1 bar

S2: side drag (l), rock back (r), rock step ¼ turn (r) (3:00) hold

S2 : 侧身拖动 (l), 向后摆动 (r), 摆动步1/4转 (r) (3 : 00) 保持

- 1-2 低频长步向左, 将射频拉至左脚。
 - 3-4 RF后退一步, 重心移回左边。
 - 5-6 RF向前迈步, LF保持原位
 - 7-8 RF向右迈步, 转1/4圈至3:00, 保持1拍
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- 1-2 LF long step to left, pull RF to left foot,
 - 3-4 RF step back, shift weight back to left.
 - 5-6 RF step forward, LF stays in place
 - 7-8 RF step right with ¼ turn to 3:00, hold 1 beat

S3: Weave (r), cross rock ¼ turn (l) (12:00), hold

S3: 织布(r), 跨岩¼转(l)(12:00), 保持

- 1-2 低频交叉在射频上, 射频向右迈步。
 - 3-4 LF在RF后面交叉, RF向右迈步
 - 5-6 LF越过RF, 重心回到RF上
 - 7-8 LF向左转1/4步至12点, 保持1拍
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- 1-2 LF cross over RF, RF step to right.
 - 3-4 LF cross behind RF, RF step right
 - 5-6 LF cross over RF, weight back on RF
 - 7-8 LF step left with ¼ turn to 12 o'clock, hold 1 beat

S4: Walk, walk r/l, step lock step (r), rock step ¼ turn (l) (9:00)

S4: 走路, 走r/l, 锁步 (r), 摇滚步¼转 (l) (9:00) 。

- 1-2 RF向前走一步, LF向前走一步。
- 3&4 RF向前跨过LF, 重量在右边, LF向下跨过RF, 重量在左边, RF向前跨出。
- 5-6 LF带着重物向前迈步, RF留在原地, 重物回到左边。
- 7-8 低频步左转1/4圈至9点, 保持1拍

- 1-2 RF step forward, LF step forward.
- 3&4 RF step forward cross over LF with weight on right, LF step down close behind RF with weight on left, RF step forward
- 5-6 LF step forward with weight, RF stay in place, weight back to left
- 7-8 LF step left with ¼ turn to 9:00, hold 1 beat

S5: jazz box, rumba box

S5: 爵士箱, 伦巴箱

- 1-2 射频在低频前面交叉, 低频后退一步
- 3-4 RF向右迈步, LF向前迈步
- 5&6& RF向侧边走, LF走到RF, RF向前走。
- 7&8& LF走到RF旁边, LF向左走一步, RF走到LF, LF向后走一步

- 1-2 RF cross in front of LF, LF step back
- 3-4 RF step right, LF step forward
- 5&6& RF step to side, LF step to RF, RF step forward
- 7&8& Step LF next to RF, step LF to left, step RF to LF, step LF backward

S6: Sweep r/l, Coaster Step (r), Step Lock Step

S6: 扫荡r/l, 过山车步 (r), 步锁步

- 1-2 RF (球) 越过右侧拖过地板到LF后方
- 3-4 RF (球) 越过左侧拖过地板到RF后方
- 5&6 RF后退一步, 接近LF和LF, RF向前一步
- 7&8 LF向前迈步, 左手持球越过RF, 左手持球靠近LF后面, LF向前迈步。

- 1-2 RF (ball) over right side dragging across floor to back behind LF
- 3-4 RF (ball) over the left side dragging across the floor to the back behind RF
- 5&6 RF step back, approach LF and LF, RF step forward
- 7&8 Step LF forward, cross over RF with weight on left, step RF close behind LF with weight on left, step LF forward

S7: Step (r), Full Turn, Step, Hold

S7: 步法(r), 全转, 步法, 保持

- 1-2 射手向前迈步。
- 3-4 个全转

- 1-2 RF step forward,
- 3-4 full turn

Ending (8 count) at the end of the 6th round at 6:00在第6轮结束时, 6:00结束 (8次)。

侧拖 (r), 侧合水手半转 (12:00)。

- 1-2 RF长步向右。
- 3-4 RF向右脚迈步。
- 5&6 RF向右迈步, 将LF抬到右脚。
- 7&8 RF在LF后面交叉, 转半圈到12:00, 转完后重心向左移。

Side Drag (r), Side Together Sailor ½ Turn (12:00).

- 1-2 RF long step to right,
- 3-4 RF step to right foot.
- 5&6 RF step right, bring LF up to right foot,
- 7&8 RF cross behind LF with ½ turn to 12:00, after turn weight to left

