

Take It Easy (別緊張) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Theresa Chang (TW) - 2013年03月
音乐: Weed Instead of Roses - Ashley Monroe



Intro: 16 Counts / 7 Secs (Start on Main Vocals).

起跳: 16拍(第七秒),唱歌時起跳

Tag: 4Counts on wall 11(6.00)

連接奏: 4拍在第11面六點鐘方向

1-2-3-4 Triple Rf, Lf, Rf, Recover Lf
右腳踏,左腳踏,右腳踏,左腳回重心至左腳

[1-8] Grape Vine 滑輪步, Jazzbox 爵士步

1-2-3-4 Rf to R, Lf behind Rf, Rf to R, Lf touch Rf
右腳移右旁,左腳後叉右腳後,右腳移右旁,左腳點於右腳旁
5-6-7-8 Rf over Lf, Lf behind Rf, Rf close to Lf, Recover Lf
右腳跨又左腳,左腳移至右腳後,右腳併於左腳旁

[9-16] Touch 點, turn 1/4 左轉1/4

1-2 tale a big side step to R with Rf, Lf toe touch to Rf
右腳大步移右旁,左腳尖點於右腳旁
3-4& tale a big side step to L with Lf, Rf toe touch to Lf, make a 1/4 turn to L
左腳大步移左旁,右腳尖點於左腳旁,左轉1/4
5-6 tale a big side step to R with Rf, Lf toe touch to Rf
右腳大步移右旁,左腳尖點於右腳旁
7-8 tale a big side step to L with Lf, Rf toe touch to Lf
左腳大步移左旁,右腳尖點於左腳旁

[17-24] Scissors 剪刀步

1-2-3-4 Rf to R, Lf beside Rf, Cross Rf over Lf, hold
右腳移右旁,左腳併於右腳旁,右腳跨又左腳,停一拍
5-6-7-8 Lf to L, Rf beside Lf, Cross Lf over Rf, hold
左腳移左旁,右腳併於左腳旁,左腳跨又右腳,停一拍

[25-32] Mambo 曼波步

1-2-3-4 Rock Rf forward, recover on Lf. Rf close to Lf, hold
右腳前搖滾,回重心至左腳,右腳併左腳旁,停一拍
5-6-7-8 Rock Rf forward, recover on Lf. Rf close to Lf, hold
左腳退搖滾,回重心至右腳,左腳併右腳旁,停一拍

Repeat 重覆

Tag: To keep the dance in phrase there is a tag on Wall 11(6.00).

*連接奏: 持續跳,在第11面六點鐘有一段4拍連接奏

Restart: Restart on Wall 11 (6.00) after Tag.

*重新:在連接奏後

Enjoy the dance!

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