

50 Ways (50種告別式) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Pat Stott (UK) - 2012年07月
音乐: 50 Ways to Say Goodbye - Train : (CD: California 37)



32 count intro 32 拍後起跳

第一段 □ Weave right, chasse, back rock, recover

右藤步, 右追步, 後下沉 回復

1-4 Step right to right, cross left behind right, step right to right, cross left over right
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

5&6 Step right to right, close left to right, step right to right
右足右踏, 左足併踏, 右足右踏

7-8 Rock back on left, recover onto right
左足後下沉, 右足回復

第二段 □ Vine left with ½ turn left, scuff, chasse, back rock, recover

左180轉華倫帶擦踢, 右追步, 後下沉 回復

1-4 Step left to left, cross right behind left, turn ¼ left stepping forward of left, pivot ¼ turn on left and scuff right next to left
左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏, 左軸轉90度右足擦踢

5&6 Step right to right, close left to right, step right to right
右足右踏, 左足併踏, 右足右踏

7-8 Rock back on left, recover onto right
左足後下沉, 右足回復

第三段 □ Rocking chair, step, ½ turn right & hook, shuffle forward

搖椅步, 踏 轉帶勾, 前交換

1-4 Rock forward on left, recover onto right, rock back on left, recover onto right
左足前下沉, 右足回復, 左足後下沉, 右足回復

5-6 Step forward on left, turn ½ turn right keeping weight on left and hook right in front of left
左足前踏, 右轉180度重心在左足右足於左足前勾

7&8 Step forward on right, close left to right, step forward on right
右足前踏, 左足併踏, 右足前踏

第四段 □ Rock forward, recover, coaster step, stomp, hold, close, stomp, tap

前下沉 回復, 海岸步, 重踏, 候, 併, 重踏, 點

1-2 Rock forward on left, recover onto right
左足前下沉, 右足回復

* Restart during wall 3 (replace tap with stomp left next to right)

第三面牆跳至此, 最後左足併點換成左足併重踏, 面向6點鐘從頭起跳

3&4 Step back on left, close right to left, step forward onto left
左足後踏, 右足併踏, 左足前踏

5-6 Stomp right to right, hold
右足右重踏, 候

& 7 8 Close left to right, stomp right to right, tap left next to right
左足併踏, 右足右重踏, 左足併點

第五段 □ Roll 1 ½ turns to left, rock back, recover, kick, ball, cross

左轉一圈半, 後下沉 回復, 踢 併 交叉

- 1-4 Turn ¼ to left and step forward on left, turn ½ to left and step back on right, turn ½ to left and step forward on left, turn ¼ left and step right to right
左轉90度左足前踏, 左轉180度右足後踏, 左轉180度左足前踏, 左轉90度右足右踏
- 5-6 Rock back on left, recover onto right
左足後下沉, 右足回復
- 7&8 Kick left to left diagonal, step on ball of left, cross right over left
左足左斜角踢, 左足踏, 右足於左足前交叉踏

第六段 □ Stomp, hold, close, stomp, tap, roll 1 ½ turns right

重踏 候, 併 重踏 點, 右轉一圈半

- 1-2 Stomp left to left, hold
左足左重踏, 候
- & 3 4 Close right to left, stomp left to left, tap right next to left
右足併踏, 左足左重踏, 右足併點
- 5-8 Turn ¼ to right and step forward on right, turn ½ right and step back on left, turn ½ right and step forward on right, turn ¼ right and step left to left
右轉90度右足前踏, 右轉180度左足後踏, 右轉180度右足前踏, 右轉90度左足左踏

第七段 □ Rock back, recover, rock forward, recover, behind, side, cross shuffle

後下沉 回復, 前下沉 回復, 後 側, 交叉交換

- 1-4 Rock right behind left, recover onto left, rock diagonally forward on right, recover onto left
右足於左足後下沉, 左足回復, 右足斜角前下沉, 左足回復
- 5-6 Cross right behind left, step left to left
右足於左足後交叉踏, 左足左踏
- 7&8 Cross right over left, step left to left on ball of foot, cross right over left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

第八段 □ Side, recover, sailor ¼ turn left, step, ½ pivot left, walk, walk

側下沉 回復, 左90轉水手, 踏 轉, 走走

- 1-2 Rock left to left, recover onto right
左足左下沉, 右足回復
- 3&4 Cross left behind right, turn ¼ left stepping onto right, step left in place
左足於右足後交叉踏, 左轉90度右足踏, 左足踏
- 5-6 Step forward on right, pivot ½ left transferring weight to left
右足前踏, 左軸轉180度
- 7-8 Walk forward on right, walk forward on left
前走-右, 左

Tag end of wall 1 (3 0'clock), wall 4 (9 0'clock), wall 6 dance the tag TWICE (3 0'clock)

第一面牆(3點鐘), 第四面牆(9點鐘), 第六面牆(3點鐘)跳兩次加拍

- 1&2 Stomp right across left, recover onto left, step right to right
右足於左足前交叉重踏, 左足回復, 右足右踏
- 3&4 Stomp left across right, recover onto right, step left to left
左足於右足前交叉重踏, 右足回復, 左足左踏
- 5&6 Stomp right across left, recover onto left, step right to right
右足於左足前交叉重踏, 左足回復, 右足右踏
- 7-8 Stomp left next to right, hold and clap hands
左足併重踏, 候(拍手)
-