

Burlesque (zh)

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Welcome to Burlesque - Cher



第一段 Basic Tango Pattern [SSQQS]

- 1-4 Left step forward; hold; right step forward; hold
左足前踏, 候, 右足前踏, 候
- 5-8 Left step forward; right step side; left touch together; hold
左足前踏, 右足右踏, 左足併點, 候

第二段 Steps Back, Ganchos(Tango勾脚)

- 1-4 Left step back; hold; right step back; left hook up across right
左足後踏, 候, 右足後踏, 左足於右足前勾
- 5-6 Left step forward; right flick up behind left
左足前踏, 右足於左足後勾
- 7-8 Right step back; left hook up across right
右足後踏, 左足於右足前勾

第三段 Forward Lock-Step, Hold, Step Forward, Hold ¼ Pivot Turn Left, Hold

- 1-4 Left step forward; right lock-step; left step forward; hold
左足前踏, 右足於左足後鎖踏, 左足前踏, 候
- 5-8 Right step forward; hold; pivot turn ¼ left; hold [9:00]
右足前踏, 候, 左軸轉90度, 候(面向9點鐘)

第四段 Crossvine Left, Sweep Front To Back, Crossvine Right, Sweep Back To Front

- 1-4 Right crossover; left step side; right behind; left sweeping front to back 右足於左足前交叉踏, 左足左踏, 右足後踏, 左足由前繞至後
- 5-8 Left behind; right step side; left crossover; right sweep back to front
左足後踏, 右足右踏, 左足於右足前交叉踏, 右足由後繞至前

第五段 Ochos, Rock-Rock-Step, Hold

- 1-2 Right step forward turning ¼ left; swivel ½ right keeping feet together [12:00] 右足前踏左轉90度, 右旋轉180度雙足併踏
- 3-4 Left step forward; swivel ½ left keeping feet together [6:00]
左足前踏, 左旋轉180度雙足併踏(面向6點鐘)
- 5-8 Right rock forward; left rock back; right rock forward; hold
右足前下沉, 左足回復, 右足前下沉, 候

第六段 Sway Forward, Corte, Steps Forward Into ¼ Turn Left, Touch

- 1-4 Left step forward; hold; right sway back; hold
左足前踏, 候, 右足後擺臀, 候
- 5-6 Left step forward; right step forward turning ¼ left [3:00]
左足前踏, 右足前踏左轉90度(面向3點鐘)
- 7-8 Left draw together; left touch by right
左足拖併, 左足併點

RESTART here on the second wall (you will be facing 6:00)
第二面牆跳至此(面向6點鐘), 從頭起跳

第七段 Basic Tango Pattern [SSQQS]

- 1-4 Left step forward; hold; right step forward; hold
左足前踏, 候, 右足前踏, 候

5-8 Left step forward; right step side; left step together; hold
左足前踏, 右足右踏, 左足併踏, 候

第八段 Step, Hold, Step, Hold, Step, Step, Step, Hold In Full Turn Left [SSQQS]

1-4 Right step back turning ¼ left; hold; left step forward turning ¼ left; hold 左轉90度右足後踏, 候, 左轉90度左足前踏, 候

5-6 Right step back turning ¼ left; left step forward turning ¼ left
左轉90度右足後踏, 左轉90度左足前踏

7-8 Right step forward; hold 右足前踏, 候

ENDING: Beginning the 6th rotation, you will be facing 3:00
結束在第六面牆, 面向3點鐘時

第一段 Basic Tango Pattern [SSQQS]

1-4 Left step forward; hold; right step forward; hold
左足前踏, 候, 右足前踏, 候

5-8 Left step forward; right step side; left touch together; hold
左足前踏, 右足右踏, 左足併點, 候

第二段 Steps Back, Ganchos

1-4 Left step back; hold; right step back; left hook up across right
左足後踏, 候, 右足後踏, 左足於右足前勾

5-6 Left step forward; right flick up behind left
左足前踏, 右足於左足後勾

7-8 Right step back; left hook up across right
右足後踏, 左足於右足前勾

第三段 Sway Forward, Corte, Sway Forward With A Hold, Step Into Left ¼ Turn, Step Together, Hold

1-4 Left step forward; hold; right sway back; hold
左足前踏, 候, 右足後擺臀, 候

5-6 Sway forward; (wait for the music) right step forward turning ¼ left [12:00] 前擺臀(配合音樂略停), 左轉90度右足前踏(面向12點鐘)

7-8 Left step together; hold 左足併踏, 候

第四段 Crossvine Left, Sweep Front To Back, Crossvine Right, Sweep Back To Front

1-4 Right crossover; left step side; right behind; left sweeping front to back 右足於左足前交叉踏, 左足左踏, 右足後踏, 左足由前繞至後

5-8 Left behind; right step side; left crossover; right sweep back to front
左足後踏, 右足右踏, 左足於右足前交叉踏, 右足由後繞至前

第五段 Left Rock Forward, Back, Forward, Pose

1-2 Right rock-step forward; rock back on left
右足前下沉, 左足回復

3-4 Right rock forward; pose
右足前下沉, 擺結束姿勢
