

Consider Me Gone (zh)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Intermediate/Advanced
編舞者: Shaz Walton (UK) & Dave Morgan (UK) - 2011年01月
音樂: Consider Me Gone - Reba McEntire



前奏: 16 Count Intro. 16拍後起跳

第一段 Rock, Recover, ½ Turn ½ Shuffle, Sweep, Cross Back, Chasse

- 1,2,3 Rock Back On Left. Recover On Right. Make ½ Turn Right Stepping Back On Left. 左足後下沉, 右足回復, 右轉180度左足後踏
- 4&5 Making ½ Turn Right Shuffle Forward On Right. On Count 5 Sweep Left Out Into ¼ Turn Right. 右轉180度前交換, 第5拍左足繞右轉90度
- 6,7 Cross Left Across Right. Step Right Back.
左足於右足前交叉踏, 右足後踏
- 8&1 Step Left To Left Side. Step Right Beside Left. Step Left To Left Side.
左足左踏, 右足併踏, 左足左踏

第二段 Touch, Walk, Walk, Sycopated Weave, Press Recover Sweep.

- 2 Touch Right Beside Left. 右足併點
- 3,4 Walk Right, Walk Left Making ½ Turn Right. (In An Arc)
右足前走, 右轉180度左足前走
- 5&6&8 Step Right Across Left. Step Left To Left Side. Step Right Behind Left. Step Left To Left Side.
右足於左足前交叉踏, 左足左踏, 右足於左足後踏, 左足左踏
- 7,8 Press Right Across Left, Recover On Left. Sweep Right Out.
右足於左足前交叉壓踏, 左足回復, 右足繞至後

第三段 Sailor 1/4 , Twist, Twist, Full Spiral Sweep, Behind Side Cross, Sway

- 1&2 Step Right Behind Left. Step Left Beside Right Making ¼ Turn Right. Step Right Forward. 右足於左足後踏, 右轉90度左足併踏, 右足前踏
- 3,4 Pivot On Balls Of Feet ½ Turn Left. Pivot On Balls Of Feet ½ Turn Right. (Weight Even) 左軸轉180度, 雙腳右轉180度
- 5 Spin On Ball Of Right Foot A Full Turn Left, Sweeping Left Out And Around.
重心在右足左轉圈, 左足繞向後
Easier Option (Sweep Left Forward Out And Around Leaving Full Turn Out)
簡易版:左足繞向前左轉圈
- 6&7 Step Left Behind Right. Step Right To Right Side. Step Left Across Right.
左足於右足後踏, 右足右踏, 左足於右足前交叉踏
- 8 Sway Right To Right Side. 右足右踏右擺臀

Restart And Tags

On Wall 5 Dance 24 Counts. Add Following 4 Counts And Restart The Dance.
第五面牆跳至第三段結束, 加下面4拍後, 從頭起跳

- 1,2,3,4 Sway Left, Sway Right, Sway Left, Sway Right.
擺臀-左, 右, 左, 右

第四段 Sway, Touch & Touch, Ball Cross, Ball Cross, Unwind ¾ Turn, Side Rock Recover.

- 1 Sway Left To Left Side. 左足左踏左擺臀
- 2&3 Touch Right Beside Left. Step On Right. Touch Left Beside Right.
右足併點, 右足踏, 左足併點
- &4&5 Making ¼ Turn Right. Step Left To Left Side. Step Right Across Left. Step Left To Left Side. Step Right Across Left.
右轉90度左足左踏, 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

- 6 Unwind $\frac{3}{4}$ Turn Left. Weight Ends On Right. 左繞轉270度重心在右足
7,8 Rock Left To Left Side. Recover On Right. 左足左下沉, 右足回復

第五段 Dorothy Steps With $\frac{1}{2}$ Turns.

- 1,2& Step Left To Left Diagonal. Lock Right Behind Left. Step Left To Left Diagonal. 左足左斜角前踏, 右足於左足後鎖踏, 左足左斜角前踏
3,4& Step Right To Right Diagonal. Lock Left Behind Right. Unwind $\frac{1}{2}$ Turn Left. Weight On Right. 右足右斜角前踏, 左足於右足後鎖踏, 右足右斜角前踏
5-8 Repeat Above 4 Counts. 重覆前面4拍

第六段 Side Rock Recover, Sailor Step, Sycopated Rock Steps.

- 1,2 Rock Left To Left Side. Recover On Right. 左足左下沉, 右足回復
3&4 Step Left Behind Right, Step Right To Right Side. Step Left Slightly Forward. 左足於右足後踏, 右足右踏, 左足略前踏
5,6& Rock Forward On Right. Recover On Left. Step Right In Place. 右足前下沉, 左足回復, 右足踏
7,8 Rock Forward On Left. Recover On Right. 左足前下沉, 右足回復
Tags At The End Of Wall 2 There Is An 8 Count Tag. 第二面牆結束時, 加8拍

Rock Recover, Shuffle Forward, Rock Recover, Shuffle Back.

- 1,2 Rock Back On Left. Recover On Right. 左足後下沉, 右足回復
3&4 Step Left Forward. Step Right Beside Left. Step Left Forward. 左足前踏, 右足併踏, 左足前踏
5,6 Rock Forward On Right. Recover On Left. 右足前下沉, 左足回復
7&8 Step Right Back. Step Left Beside Right. Step Right Back. 右足後踏, 左足併踏, 右足後踏
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