

Fragile (易碎的心) (zh)

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - 2009年10月
音樂: Fragile - Chrisette Michele : (CD: Epiphany 09 - 4:17)



前奏 : Start: AFTER 16 Counts from the beginning, on Vocals. 16拍後唱歌起跳

- 第一段** **Side, Rock ,Recover, ¼ Turn, Mambo Step, Back, ¼ Turn R, Cross Rock, Recover, Side, Cross**
側, 下沉回復, 1/4, 曼波, 後, 1/4, 交叉下沉回復, 側, 交叉
- 1-2& Step R to R side, Rock L across R, Recover on R
右足右踏, 左足於右足前交叉下沉, 右足回復
- 3 ¼ Turn L step L fwd (9.00)
左轉90度左足前踏(面向9點鐘)
- 4&5 Rock R fwd, Recover on L, Step R back
右足前下沉, 左足回復, 右足後踏
- 6& Step L back, ¼ Turn R step R to R side (12.00)
左足後踏, 右轉90度右足右踏(面向12點鐘)
- 7& Rock L fwd, Recover on R
左足前下沉, 右足回復
- 8& Step L to L side, Step R across L
左足左踏, 右足於左足前交叉踏
- 第二段** **Diag. Back , R, Cross, Side, ¼ Turn R, Rock fwd, ¼ Turn R, Cross, ¼ Turn L x2 , Rock, Recover**
斜後, 右轉, 交叉, 側, 右1/4, 前下沉, 右1/4, 交叉, 左1/4二次, 下沉回復
- 1 Step L diag. L back (but facing the 12 o'clock wall)
左足左斜後踏(面向12點鐘)
- 2& Step R ¼ Turn R, Step L across R (3.00)
右轉90度右足踏, 左足於右足前交叉踏 (面向3點鐘)
- 3 ¼ Turn R and Step R fwd (6.00)
右轉90度右足前踏(面向6點鐘)
- 4&5 Rock L fwd , ¼ Turn R, Step L across R (9.00)
左足前下沉, 右轉90度, 左足於右足前交叉踏(面向9點鐘)
- 6&7 ¼ Turn L step R back, ¼ Turn L step L to L side , Step R across L (3.00)
左轉90度右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏(面向3點鐘)
- 8& Rock L to L side, Recover on R
左足左下沉, 右足回復
- 第三段** **Sync. Cross Rocks x2, Step fwd, Lock, ½ Turn with Sweep, Back, Side**
變奏交叉下沉二次, 前踏, 鎖, 1/2帶繞, 後, 側
- 1-2& Rock L across R , Recover on R, Step L next to R
左足於右足前交叉下沉, 右足回復, 左足併踏
- 3-4& Rock R across L , Recover on L, Step R next to L
右足於左足前交叉下沉, 左足回復, 右足併踏
- 5-6& Step L fwd , Lock R behind L, Step L fwd
左足前踏, 右足於左足後鎖踏, 左足前踏
- 7 Step on ball of R fwd with ½ Turn L and Sweep L to the back (9.00)
左轉180度右足前踏左足繞至後(面向9點鐘)
- 8& Step L back, step R to R side 左足後踏, 右足右踏

- 第四段** **Cross, Full Turn R, Side, Rock back, Recover, Full Turn R, Side, Rock, Recover**
交叉, 右轉圈, 側, 後下沉, 回復, 右轉圈, 側, 下沉回復
- 1 Step L across R 左足於右足交叉踏
- 2& Full Turn R, Step R next to L 右轉圈, 右足併踏
- 3 Step L to L side 左足左踏
- 4& Rock R back, Recover on L 右足後下沉, 左足回復
- 5 Step R fwd 右足前踏
- 6& ½ Turn R step L back, ½ Turn Step R fwd (9.00)
右轉180度左足後踏, 右轉180度右足前踏(面向9點鐘)
- 7 Step L to L side 左足左踏
- 8& Rock R back, Recover on L (9.00) 右足後下沉, 左足回復(面向9點鐘)
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