

Frenesi (Frenzy) (zh)

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Amy Yang (TW) - 2014年12月
音樂: Frenesi (Frenzy) – Cliff Richard



Intro : 20 counts
No Tag, No Restart

Sec . 1 SIDE, TOGETHER, FORWARD, TOUCH, FULL ROLLING TURN, POINT

1 - 4 Step RF to R, Step LF together, Step RF forward, Touch LF together and hip bumps
5 - 8 1/4 turn L stepping forward on LF, 1/2 turn L stepping back on RF, 1/4 turn stepping Lf to L,
Point RF to R
1 - 4 右足右踏, 左足併於右足旁, 右足前進, 左足併點右足旁同時推臀
5 - 8 左轉1/4左足前踏, 左轉1/2右足後踏, 左轉1/4左足左踏, 右足點右側

Sec . 2 SIDE, TOGETHER, SIDE CHASSE, CROSS, RECOVER, 1/4 TURN L SHUFFLE

1 - 2 Step RF to R, Step LF together
3 & 4 Step RF to R, Step LF together, Step RF to R
5 - 6 Cross LF over RF, Recover onto RF
7 & 8 1/4 turn L step forward on LF, Lock RF behind LF, Step LF forward (09:00)
1 - 2 右足右踏, 左足併於右足旁
3 & 4 右足右踏, 左足併於右足旁, 右足右踏
5 - 6 左足交叉右足前, 重心回右足
7 & 8 左轉1/4 左足前進踏, 右足鎖於左足後, 左足前進 (09:00)

Sec . 3 FORWARD, LOCK, FORWARD SHUFFLE, FORWARD, RECOVER, 1/2 TURN FORWARD SHUFFLE

1 - 2 Step RF forward, Lock LF behind RF
3 & 4 Step RF forward, Lock LF behind RF, Step RF forward
5 - 6 Step LF forward, Recover onto RF
7 & 8 1/2 turn L stepping forward on LF, Lock RF behind RF, Step LF forward (03:00)
1 & 2 右足前進踏, 左足鎖於右足後
3 & 4 右足前進踏, 左足鎖於右足後, 右足前進踏
5 - 6 左足前踏, 重心回右足
7 & 8 左轉1/2左足前進踏, 右足鎖於左足後, 左足前進踏 (03:00)

Sec. 4 WALK FORWARD(R,L), FORWARD SHUFFLE, FORWARD, RECOVER,

1 - 2 Step RF forward, Step LF forward
3 & 4 Step RF forward, Lock LF behind RF, Step RF forward
5 - 8 Step LF forward, Recover onto RF, Big step back on LF, Drag RF to LF
1 - 2 右足前進踏, 左足前進踏
3 & 4 右足前進踏, 左足鎖於右足後, 右足前進踏
5 - 8 左足前踏, 重心回右足, 左足退一大步, 右足拖向左足

Start Again

Have Fun & Happy Dancing!
Contact Amy Yang: yang43999@gmail.com