

Feels Like Summer (好一個夏天) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - 2010年03月
音樂: Groovy Little Summer Song - James Otto



前奏: start after 16 count intro 16拍後起跳

第一段 L fwd, R fwd rock & recover, R back lock step, L back rock & recover, L side rock cross 踏, 下沉, 後鎖步, 後下沉 回復, 曼波交叉

1-3 Step L forward, rock R forward, recover weight on L
左足前踏, 右足前下沉, 左足回復

4&5 Step R back, step L together, step R back
右足後踏, 左足併踏, 右足後踏

6-7 Rock L back, recover weight on R
左足後下沉, 右足回復

8&1 Rock L side, recover weight on R, cross step L over R
左足左下沉, 右足回復, 左足於右足前交叉踏

第二段 R & L hip sways, chasse R, L cross rock & recover, ¼ L chasse
右 左擺臀, 右追步, 交叉下沉 回復, 追步轉

2-3 Sway hips R, sway hips L 右擺臀, 左擺臀

4&5 Step R side, step L together, step R side
右足右踏, 左足併踏, 右足右踏

6-7 Cross rock L over R, recover weight on R
左足於右足前交叉下沉, 右足回復

8&1 Step L side, step R together, turning ¼ L step L forward (9 o'clock)
左足左踏, 右足併踏, 左轉90度左足前踏(面向9點鐘)

Wall 2 TAG RESTART: Dance the first 15 counts. Change 8&1 to L side, R together, L FORWARD and restart
第二面牆跳至此, 第1拍不要左轉90度, 直接接續第一段第1拍的左足前踏從頭起跳

第三段 Turning ½ L step R & L back, R coaster step, L point & step fwd, R side rock recover & R fwd
1/2後 後, 海岸步, 點 踏, 側下沉 回復 踏

2-3 Turning ½ left step R back, step L back (3 o'clock)
左轉180度右足後踏, 左足後踏(面向3點鐘)

4&5 Step R back, step L together, step R forward
右足後踏, 左足併踏, 右足前踏

6-7 Point L side, step L forward 左足左點, 左足前踏

8&1 Rock R side, recover weight on L, step R forward
右足右下沉, 左足回復, 右足前踏

第四段 ½ L pivot turn, R fwd, L fwd lock step, R fwd rock & recover, R coaster cross 1/2, 踏, 前鎖步, 下沉 回復, 海岸交叉

2-3 Pivot ½ left, step R forward (9 o'clock)
左軸轉180度, 右足前踏(面向9點鐘)

4&5 Step L forward, lock R behind L, step L forward
左足前踏, 右足於左足後鎖踏, 左足前踏

6-7 Rock R forward, recover weight on L
右足前下沉, 左足回復

8&1 Step R back, step L together, cross step R over L
右足後踏, 左足併踏, 右足於左足前交叉踏

第五段 L & R hip sways, chasse L, R cross rock & recover, ¼ R chasse
左 右擺臀, 左追步, 交叉下沉 回復, 追步轉

2-3 Sway hips L, sway hips R 左擺臀, 右擺臀

4&5 Step L side, step R together, step L side
左足左踏, 右足併踏, 左足左踏

6-7 Cross rock R over L, recover weight on R
右足於左足前交叉下沉, 右足回復

8&1 Step R side right, step L together, turning ¼ R step R forward (12 o'clock) 右足右踏, 左足併踏, 右轉90度右足前踏(面向12點鐘)

第六段 Turning ½ R step L & R back, L coaster, R point & step fwd, L side rock recover cross 1/2後 後, 海岸步, 點 踏, 曼波交叉

2-3 Turning ½ right step L back, step R back (6 o'clock)
右轉180度左足後踏, 右足後踏(面向6點鐘)

4&5 Step L back, step R together, step L forward
左足後踏, 右足併踏, 左足前踏

6-7 Point R side, step R forward 右足右點, 右足前踏

8&1 Rock L side, recover weight on R, cross step L over R
左足左下沉, 右足回復, 左足於右足前交叉踏

第七段 R side rock & recover, ¼ R coaster step, L fwd, ½ R pivot turn, L fwd cha 右下沉回復, 1/4海岸步, 踏, 轉, 踏

2-3 Rock R side, recover weight on L
右足右下沉, 左足回復

Wall 4 TAG/RESTART: Dance to count 51 ADD one more count by rocking back on R and restart from the beginning

第四面牆加拍/從頭起跳: 右足後下沉, 接續第一段第1拍左足前踏從頭起跳

4&5 Turning ¼ right step R back, step L together, step R forward (9 o'clock)
右轉90度右足後踏, 左足併踏, 右足前踏(面向9點鐘)

6-7 Step L forward, pivot ½ right (3 o'clock)
左足前踏, 右軸轉180度(面向3點鐘)

8&1 Step L forward, step R together, step L forward
左足前踏, 右足併踏, 左足前踏

第八段 R fwd, ¼ L pivot turn, R cross shuffle, ½ R hinge with R fwd, L fwd cha 踏 1/4, 交叉交換, 1/4 1/4前交換

2-3 Step R forward, pivot ¼ left (12 o'clock)
右足前踏, 左軸轉90度(面向12點鐘)

4&5 Cross step R over L, step L side, cross step R over L
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

6-7 Turning ¼ right step L back, turning ¼ right step R forward (6 o'clock)
右轉90度左足後踏, 右轉90度右足前踏(面向6點鐘)

8& Step L forward, step R together 左足前踏, 右足併踏
