A Blue Christmas (一個藍色的聖誕節) (zh)

拍數: 32 **牆數:** 2 **級數:** Beginner
編舞者: Nina Chen (TW) - 2014年12月
音樂: Blue Christmas - Engelbert Humperdinck

Intro: 16 counts (Starting on the word "Blue") (從聽到"Blue"時起跳)

S1: CROSS - POINT - CROSS - POINT - JAZZ BOX 1/4 TURN R

1-4	Cross RF over LF - Point LF out on L - Cross LF over RF - Point RF out on R
5-8	Cross RF over LF - Step LF back - 1/4 turn R (3:00) Step RF to R - Step LF forward
1-4	右足前交叉步 - 左足左側點 – 左足前交叉步 – 右足右側點
5-8	(爵士方塊步) 右足前交叉步 – 左足後踏 – 右轉1/4 (3:00) 右足右踏 – 左足前踏

S2: CHASSE - ROCK - RECOVER - SIDE - CROSS - 1/4 TRUN L FORWARD SHUFFLE

1&2	Step RF to R - Step LF beside RF - Step RF to R
3-4	Rock LF back - Recover onto RF
5-6	Step LF to L - Cross RF behind LF
7&8	1/4 trun L (12:00) Forward shuffle (L R L)
1&2	右足右踏 - 左足併於右足旁 - 右足右踏
3-4	左足後下沉步 - 重心回右足
5-6	左足左踏 - 右足後交叉步
7&8	左轉1/4 (12:00) 前交換步 (左 右 左)

S3: BACK SHUFFLE TURN L 1/2 - ROCK - RECOVER - STEP - HEEL DIG - STEP - HEEL DIG

1&2	Back shuffle (R L R) turn L 1/2 (6:00)
3-4	Rock LF back - Recover onto RF
5-6	Step LF to L (Bend knees slightly and Dip down - pushing hips Left) - Dig RF heel Diagonally forward R
7-8	Step RF to R (Bend knees slightly and Dip down - pushing hips Right) - Dig LF heel Diagonally forward L
1&2	後交換步 (右 左 右) 向左轉1/2 (6:00)
3-4	左足後下沉步 - 重心回右足
5-6	左足膝蓋微彎向左轉臀 - 右足足跟向右斜前方點
7-8	右足膝蓋微彎向右轉臀 - 左足足跟向左斜前方點

S4: BACK - KICK - BACK - KICK - ROCK - RECOVER - FORWARD - SWEEP

1-4	Step LF backward - Kick RF forward - Step RF backward - Kick LF forward
5-8	Rock LF back - Recover onto RF - Step LF forward - Sweep RF forward
1-4	左足後踏 - 右足前踢 - 右足後踏 - 左足前踢
5-8	左足後下沉步 - 重心回右足 - 左足前踏 - 右足由後往前繞步

Have Fun & Happy Dancing!
Contact Nina Chen: nina.teach.dance@gmail.com