

# Guantanamera (關達拉美拉) (zh)

COPPER KNOB  
STYLEDANCE

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Kim Ray (UK) - 2008年10月  
音樂: Guantanamera - Jody Bernal : (CD: Alle Hits)



前奏 : 32 count intro 32拍後起跳

## 第一段 Left Lock, Left Lock Left, Sways & Touch 左鎖, 左鎖左, 推臀&點

- 1-2 Step forward on left, lock step right behind left popping left knee forward 左足前踏, 右足於左足後鎖踏左膝前彈
- 3&4 Step forward on left, step right behind left, step forward on left 左足前踏, 右足於左足後踏, 左足前踏
- 5-6 Stepping forward on right (facing left diagonal) sway hips forward, sway hips back 右足前踏(面向左斜角線) 前推臀, 後推臀
- 7-8 Sway hips forward, touch left next to right 前推臀, 左足併點

## 第二段 Step Back, Cross Back Cross, Step Back Left, Step Back Right, Cross, Back Cross Back 後踏, 交叉後交叉, 左後踏, 右後踏, 交叉後交叉後

- 1 Step back on left 左足後踏
- 2&3 Cross step right over left, step back on left, cross step right over left (counts 1-3 facing left diagonal) 右足於左足前交叉踏, 左足後踏, 右足於左足前交叉踏 (1-3拍面向左斜角線)
- 4 Step back on left (straightening up) 左足後踏(面向正前方)
- 5-6 Step back on right, cross step left over right 右足後踏, 左足於右足前交叉踏
- 7&8 Step back on right, cross left over right, step back on right (counts 5-8 facing right diagonal) 右足後踏, 左足於右足前交叉踏, 右足後踏 (5-8拍面向右斜角線)

## 第三段 Rock/Recover, Triple ½ Turn, ½ Turn & Step, Shuffle Forward, Step Forward 下沉回復, 小三步轉1/2, 轉1/2& 踏, 前交換, 前踏

- 1-2 Rock back on left, recover forward on right 下沉回復 左足後下沉, 右足前回復
- 3&4 Triple ½ turn right stepping left, right, left 小三步轉 小三步右轉180度-左, 右, 左
- 5 轉 ½ turn right stepping forward on right 右轉180度右足前踏
- 6&7 Shuffle forward to left diagonal stepping left, right, left 前交換 左斜角線前交換步-左, 右, 左
- 8 踏 Step forward and to right diagonal on right 右足向右斜角線前踏

## 第四段 Cross Rock/Recover, Chassis Left, Cross Rock/Recover, Chassis ¼ Right 交叉下沉回復, 左追步, 交叉下沉回復, 右追步轉1/4

- 1-2 Cross rock left over right, recover back on right 交叉下沉 左足於右足前交叉下沉, 右足後回復
- 3&4 Step left to left side, step right next to left, step left to left side 左chasse 左足左踏, 右足併踏, 左足左踏
- 5-6 Cross rock right over left, recover back on left 交叉下沉 右足於左足前交叉下沉, 左足後回復
- 7&8 Step right to right side, step left next to right, ¼ turn right stepping forward on right 右chasse 右足右踏, 左足併踏, 右轉 轉90度右足前踏

(Restart wall 3 facing 9 o/c) 第三面牆面向9點鐘時從頭起跳

**第五段 Pivot ½ Turn Right, Triple ½ Turn Right, Step Back, ½ Turn Left, Pivot ½ Turn Left**  
**踏右轉1/2, 小三步右轉1/2, 後踏, 左轉1/2, 踏左轉1/2**

1-2 Step forward on left, ½ pivot turn right  
踏轉 左足前踏, 右轉180度

3&4 Triple ½ turn right stepping left, right, left  
小三步轉 小三步右轉180度-左, 右, 左

5-6 Step back on right, ½ turn left stepping forward on left  
後踏轉 右足後踏, 左轉180度左足前踏

7-8 Step forward on right, ½ pivot turn left  
前踏轉 右足前踏, 左轉180度

**第六段 Cross Rock/Recover, Full Turn & Half Turn Right, Coaster Step**  
**交叉下沉回復, 右轉轉圈 &半圈, 海岸步**

1-2 Cross rock right over left, recover back on left  
交叉下沉 右足於左足前交叉下沉, 左足後回復

3-4 ¼ turn right stepping forward on right, ½ turn right stepping back on left 右轉90度右足前踏, 右轉180度左足  
90 180 後踏

5-6 ½ turn right stepping forward on right, ¼ turn right stepping left to left side 右轉180度右足前踏, 右轉90度左  
180 90 足左踏

7&8 Step back on right, step left next to right, step forward on right 右足後踏, 左足併踏, 右足前踏  
海岸步

TAG: To be danced at END of wall 4 facing back 加拍:結束時多跳四拍

**Mambo Forward, Mambo Back 前曼波, 後曼波**

1&2 Rock forward on left, recover back on right, step back on left  
前曼波 左足前下沉, 右足後回復, 左足後踏

3&4 Rock back on right, recover forward on left, step forward on right 右足後下沉, 左足前回復, 右足前踏  
後曼波

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