

Legend of The Snake (白蛇傳) (zh)

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
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音樂: The Last Emperor (Main Title Theme) - David Byrne : (iTunes)



Intro : 40 Count From The Start of The Track (Approx. 27 Seconds Into Track)

Section 1 [1 - 8] Step R, Hold, Cross, Recover

- 1-2 Step R to right side(1), Hold (2)
Hands : (Left Hand Behind the Body, Palm Toward Outside) Right Palm Down, Then Right Hand Sweep from Right Side to Front of the Body,
- 3 - 4 Cross L behind R(3), recover on R(4)
Hands : To Right Side (And Right Palms Up).
- 5 - 6 Step L to left side (5) , Hold(6)
Hands : Wrists From Outside Moving In and Then Up (Turning Twice).
- 7 - 8 Cross R behind L(7), recover on L (8) (12:00)
Hands : Hands Upwards Softly.
- 1 - 4 右足右側踏(1)、停 (2) , 左足交叉右足後方 (3)、重心回右足(4)
手部動作: 右手掌向下, 由外往內滑在腰旁翻轉掌心向上(1-2)掌心向上往外伸出(3-4)
- 5 - 8 左足左側踏(5), 停 (6) , 右足交叉左足後方(7) 重心回左足(8)(12:00)
手部動作: 雙手手腕在腰前由外往內向上轉動二次(5-6), 雙手柔軟上舉伸直(7-8)

Section 2 [9 - 16] : 1/4 Right, Rocking chair, Sway L, Sway R (3:00)

- 1 - 2 Turning 1/4 Right Step R Forward (1) , recover on L (2) Hands : Toward Right.
- 3 - 4 Step R backward(3) recover on L(4)
Hands : Toward Left.
- 5 - 6 Step R to right side , Sway Body to right (5) Hold(6)
Hands : Left Hand Put Front of Chest, Elbow and Shoulder at the same Level (Right Shoulder High, Left Shoulder Low)
- 7 - 8 Step L to left side , Sway Body to left (7) Hold (8)
Hands : Right Hand Put Front of Chest, Elbow and Shoulder at the same Level (Left Shoulder High, Right Shoulder Low)
- 1 - 2 右轉1/4右足前踏(1) 重心回左足(2)(3:00)
- 3 - 4 右足後踏(3), 重心回左足(4)
手部動作: 雙手往右擺動(1-2), 再往左擺動(3-4)
- 5 - 6 右足大步右旁踏(5), 身體右搖(6)
手部動作: 左手放右胸前, 手軸與肩平身體往右傾斜
- 7 - 8 左足大步左旁踏(7), 身體左搖(8)
手部動作: 右手放左胸前, 手軸與肩平身體往右傾斜

Section 3 [17 - 24]: Turn 1/4 Right , Lock Step , Unwind 1/2 turn left

- 1 - 2 Turning 1/4 right , Step L forward , Step R behind L (6:00)
Hands : From 06: 00 Turn Counterclockwise .
- 3 - 4 Step L forward , Step R behind L
Hands : From 12 : 00 Turn Counterclockwise .
- 5 - 8 Cross R over L(5) , Slow unwind 1/2 turn left (12:00)
Hands : From 06 : 00 Turn Clockwise, Then From 12 : 00 Turn Clockwise.
- 1 - 2 右轉90度左足前進(1), 右足鎖踏左足後(2) (6:00)
手部動作: 雙手由右下方, 向左上方繞
- 3 - 4 左足前進(3), 右足鎖踏左足後(4)
手部動作: 雙手由左上方 繞向右下方
- 5 - 8 右足尖點於左足左側(5)慢速向左扭轉180(12:00)

手部動作: 雙手由右下方上繞左上方、再由左上方弧形下繞回右方

Section 4 [25 - 32]: Cross、 Side、 Unwind 1/2 turn left、 Crossx2

- 1 – 2 Cross L over R (1)、 Step R to right side(2)
 Hands : Horizontal (Both Toward Right Side).
- 3 - 4 Step L behind R(3)、 Unwind 1/2 turn left(4)(6:00)
 Hands : Put Hands on The Shoulders WhenTurning Your Body, After Turning the Palms
 Then the Palms Toward Outside (With Palms Up).
- 5 – 6 Cross R over L(5)、 Hold(6)
- 7 – 8 Cross L over R(7)、 Hold(8)
 Hands : (5-8) Palms Down, Raising Up to Chest (Slowly) , Turning Palms Up.
 Then Hands Toward Outside.
- 1 – 2 左足右前交叉(1)、 右足旁踏(2)
 手部動作: 雙手左右平伸
- 3 – 4 左足交叉右足後(3)、 扭轉180(4) (6:00)
 手部動作: 旋轉時雙手放在肩上 , 手腕翻轉掌心向下往兩邊伸出。 5 – 6 右足左前交叉(5)、
 停(6)
- 7 – 8 左足右前交叉 (7) , 停 (8)
 手部動作: (5-8) 雙手手掌向下 , 由腰前緩緩拉升至胸前 , 手掌翻轉向上、 往上伸出

Dance Finish: After Count 24 of wall 10 Do the Full turn– facing “Home”

Have fun!!! Happy Dance

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