

# Parachute (降落傘) (zh)

COPPER KNOB  
STEPPEDETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - 2010年01月  
音樂: Parachute - Cheryl : (CD: 3 Words)



前奏: 4 count intro.....very quick start! 4拍後起跳

**第一段**      **R Point, ½ R Monterey Turn & L Flick, Diagonal Rocking Chair, L Cross Shuffle 右點蒙特瑞轉帶後抬, 斜角搖椅步, 交叉交換**

- 1-2      Touch R toes to R side, turning ½ right step R together and flick L foot back (6 o'clock) 右足趾右點, 右轉180度右足併踏左足後抬(面向6點鐘)
- 3-4      Cross rock L over R on R diagonal, recover weight on R  
左足於右斜角前交叉下沉, 右足回復
- 5-6      Rock L back on L diagonal, recover weight on R  
左足左斜角後下沉, 右足回復
- 7&8      Cross step L over R, step R side, cross step L over R  
左足於右足前交叉踏, 右足右踏, 左足於右足前叉踏

**第二段**      **R Hitch & Cross Step R Over L, Hold, L Side, R Drag Ball Step, Fwd R & L, Hold With Head Movements (Whip Lash!)**  
**右抬 交叉, 候, 左踏, 拖併踏, 走走, 候帶轉頭**

- &1-2      Lift/hitch R up, cross step R over L, hold  
右足抬, 右足於左足前交叉踏, 候
- 3-4      Step L side left (large step), drag R together (keeping weight on L)  
左足左一大步, 右足拖併(重心在左足)
- &5-6      Step R back, step L forward, step R forward  
右足後踏, 左足前踏, 右足前踏
- 7&8      Step L forward, hold 左足前踏, 候  
Head movement on &8: Turn head R, then back forward with quick ¼ turns  
&8的頭部動作:頭向右後轉90度, 再轉回

**第三段**      **R Fwd Rock & Recover, R Back, L Fwd Flivk, L Back, R Sweep Into Behind-Side-Cross, ¼ R Hitching On L**  
**右下沉回復, 後踏, 前抬, 後踏, 繞 後旁前交叉, 1/4抬**

- 1-2&      Rock R forward, recover weight on L, step R back  
右足前下沉, 左足回復, 右足後踏
- 3-4      Flick L forward, step L back 左足前抬, 左足後踏
- 5      Sweep R front to back 右足由前繞至後
- 6&7      Cross step R behind L, step L side, cross step R over L  
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 8      Turning ¼ right on R lift/hitch L (9 o'clock)  
右轉90度左足抬(面向9點鐘)

**第四段**      **L Cross Rock & Recover, L Side, R Cross Rock & Recover, R Ball Cross, ½ Hinge Bring Feet Together**  
**交叉下沉 回復, 側, 交叉下沉回復, 踏 交叉, 1/2鍊轉**

- 1-3      Cross rock L over R, recover weight on R, step L side left  
左足於右足前交叉下沉, 右足回復, 左足左踏
- 4-5      Cross rock R over L, recover weight on L  
右足於左足前交叉下沉, 左足回復
- &6      Step R side, cross step L over R  
右足右踏, 左足於右足前交叉踏
- 7-8      Turning ¼ left step R back, turning ¼ left step together (3 o'clock)  
左轉90度右足後踏, 左轉90度左足併踏(面向3點鐘)

**TAG: OCCURS at END of 5th wall facing R side. Dance tag and start dance again.**  
第五面牆面向3點鐘方向, 加4拍後從頭起跳

Syncopated Jazz Box X2 變奏爵士方塊二次

- 1&2& Cross step R over L, step L back, step R side, step L together  
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足併踏
- 3&4& Cross step R over L, step L back, step R side, step L together  
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足併踏
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