

Peaches & Cream (艷若桃李) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年02月
音樂: You're Sixteen (You're Beautiful and You're Mine) - Ringo Starr : (CD: The Very Best Of Ringo)



第一段 R & L step touches, R side shuffle, L back rock & recover 右 & 左踏點, 右側交換步, 左後下沉 & 回復

- 1-4 Step R side, touch L together, step L side, touch R together
右足右踏, 左足併點, 左足左踏, 右足併點
- 5&6 Step R side, step L together, step R side
右足右踏, 左足併踏, 右足右踏
- 7-8 Rock L back, recover weight on R
左足後下沉, 右足回復

第二段 L & R step touches, L side shuffle, R back rock & recover 左 & 右踏點, 左側交換步, 右後下沉 & 回復

- 1-4 Step L side, touch R together, step R side, touch L together
左足左踏, 右足併點, 右足右踏, 左足併點
- 5&6 Step L side, step R together, step L side
左足左踏, 右足併踏, 左足左踏
- 7-8 Rock R back, recover weight on L
右足後下沉, 左足回復

第三段 R & L walk forward, rocking chair – rock R fwd & back, R fwd, ¼ L pivot turn 右 & 左前走, 搖椅步- 右前 下沉 & 後, 右前, 左轉1/4

- 1-2 Step R forward, step L forward 右足前踏, 左足前踏
- 3-4 Rock R forward, recover weight on L 右足前下沉, 左足回復
- 5-6 Rock R back, recover weight on L 右足後下沉, 左足回復
- 7-8 Step R forward, pivot ¼ left 右足前踏, 左轉90度

第四段 Choose from steps below 自由選擇下列舞步

R jazz box, 右爵士方塊,

- 1-4 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

Easiest option: 簡易版: 2 step kicks R & L 右 & 左踢踏

- 5-6 R heel forward, step R together 右足踵前點, 右足併踏
- 7-8 L heel forward, step L together 左足踵前點, 左足併踏

Option 2: 2 R kick ball changes 二次踢交換步

- 5&6 Kick R forward, step R together, step L together
右足前踢, 右足併踏, 左足併踏
- 7&8 Kick R forward, step R together, step L together
右足前踢, 右足併踏, 左足併踏

Option 3: 4 heel switches 4次踵交換步

- 5& Touch R heel forward, step R together
右足踵前點, 右足併踏
- 6& Touch L heel forward, step L together
左足踵前點, 左足併踏

- 7& Touch R heel forward, step R together
右足踵前點, 右足併踏
- 8& Touch L heel forward, step L together
左足踵前點, 左足併踏
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