

Perfect Day (完美的一天) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Daniëlla Deckers (NL) - 2010年06月
音樂: Perfect Day - Lady A : (CD: Need You Now)



前奏 : Dance starts after 16 counts from start melody

第一段 Kick Ball Step, Side Switches, Cross, ¼ Turn Left, Chassé Left 踢併踏, 點收點, 交叉左1/4, 左追步

- 1&2 Kick right forward, Step right in place, Step left forward
右足前踢, 右足踏, 左足前踏
- 3&4 Point right to right side, Step right in place, Point left to left side 右足右點, 右足踏, 左足左點
- 5,6 Cross left over right, Right foot ¼ turn left step back
左足於右足前交叉踏, 左轉90度右足後踏
- 7&8 Step left to left side, Step right next to left, step left to left side (9) 左足左踏, 右足併踏, 左足左踏

第二段 Cross & Heel & Cross Unwind ¾ Turn Right, Coasterstep, Lockstep Forward 交叉左 踵收, 交叉轉3/4, 海岸步, 前鎖步

- 1&2& Cross right over left, Step left to left side, Right heel forward, Step right next to left
右足於左足前交叉踏, 左足左踏, 右足踵前點, 右足併踏
- 3,4 Cross left over right, ¾ turn right (weight ending on left foot) (6) 左足於右足前交叉踏, 右轉270度重心在左足(面向6點鐘)
- 5&6 Step right back, Step left next to right, Step right forward
右足後踏, 左足併踏, 右足前踏
- 7&8 Step left forward, Lock right behind left, Step left forward
左足前踏, 右足於左足後鎖踏, 左足前踏

*** RESTART DURING wall 2 & 5
第二面牆及第五面牆, 跳至此, 從頭起跳

第三段 Mambo Forward, Mambo Back, Pivot ½ Turn Left, Full Tripple Turn Forward 前曼波, 後曼波, 踏轉, 轉轉踏

- 1&2 Step right forward, recover on left, step right next to left
右足前下沉, 左足回復, 右足併踏
- 3&4 Step left back, recover on right, step left next to right
左足後下沉, 右足回復, 左足併踏
- 5,6 Step right forward, ½ turn left (12)
右足前踏, 左轉180度(面向12點鐘)
- 7&8 ½ turn left step right back, ½ turn left step left forward, step right forward 左轉180度右足後踏, 左轉180度左足前踏, 右足前踏

第四段 Rock Forward, Sailorstep ¼ Turn Left, Cross Shuffle, ¼ Turn Right, ½ Turn Right, Step 下沉 回復, 1/4轉水手, 交叉交換, 1/4 1/2 踏

- 1,2 Step left forward, recover weight on right
左足前下沉, 右足回復
- 3&4 Cross left behind right, ¼ turn left step right to right side, step left to left side (9)
左足於右足後交叉踏, 左轉90度右足右踏, 左足左踏(面向9點鐘)
- 5&6 Cross right over left, step left to left side, cross right over left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 7&8 ¼ turn right step left back, ½ turn right step right forward, step left forward (6)
右轉90度左足後踏, 右轉180度右足前踏, 左足前踏(面向6點鐘)

FINISH: Dance will finish at 12 o'clock. Dance the first 5 counts of the dance, then add the following steps:
結束 : 面向12點鐘, 跳前5拍後, 換下列舞步

- 6 Step right back 右足後踏

7,8 Big step to left side, dragging right to meet left
 左足左一大步, 右足拖併

Note: During the first 16 counts of wall 8 the music will change rhythm. Continue dancing the rhythm you danced before and after these 16 counts the rhythm changes back to normal.

注意：第八面牆前面16拍音樂會變換節奏, 繼續依節奏跳, 之後音樂會恢復正常
