

Ra Ra Rasputin (我的心上人) (zh)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Rep Ghazali (SCO) - 2007年02月
音樂: Rasputin - Boney M.



前奏 : 96 count start on vocal 唱歌起跳

第一段 Shuffle Forward Right & Left, Step ½ Pivot Turn, Stomps Forward 右&左前交換, 踏轉1/2, 前重踏

- 1&2 Step Forward Right, Step Left Together, Step Forward Right
右足前踏, 左足併踏, 右足前踏
- 3&4 Step Forward Left, Step Right Together, Step Forward Left
左足前踏, 右足併踏, 左足前踏
- 5-6 Step Forward Right, ½ Pivot Turn Left 右足前踏, 左轉180度
- 7-8 Stomp Forward Right, Stomp Forward Left 右足前重踏, 左足前重踏

第二段 Jazz Box Touch, Rolling Vine Touch And Claps 爵士方塊點, 旋轉華倫點 & 拍手

- 1-2 Cross Right Over Left, Step Back Left
右足於左足前交叉踏, 左足後踏
- 3-4 Step Right To Right Side, Touch Left Beside Right
右足右踏, 左足併點
- 5-6 ¼ Turn Left Stepping Forward Left, ½ Turn Left Stepping Back Right
左轉90度左足前踏, 左轉180度右足後踏
- 7&8 ¼ Turn Left Stepping Left To Left Side, Touch Right Beside Left And Clap, Clap 左轉90度左足左踏, 右足併點拍手二次
(Easier Option For Step 5-8: Left Grapevine With Touch And Claps)
簡易版5-8:左藤步點拍手

第三段 Grapevine ¼ Turn Scuff, Step Forward ½ Pivot Turn, Step Kick 轉1/4藤步擦踢步, 前踏轉1/2, 踏踢

- 1-2 Step Right To Right Side, Step Left Behind Right
右足右踏, 左足於右足後踏
- 3-4 ¼ Turn Right Stepping Forward Right, Scuff Left Forward
右轉90度右足前踏, 左足前擦踢
- 5-6 Step Forward Left, ½ Pivot Turn Right 左足前踏, 右轉180度
- 7-8 Step Forward Left, Kick Forward Right 左足前踏, 右足前踢

第四段 Shuffle Back Right & Left, Rock Back, Full Turn 右&左後交換, 後下沉, 轉圈

- 1-2 Step Back Right, Step Left Together, Step Back Right
右足後踏, 左足併踏, 右足後踏
- 3-4 Step Back Left, Step Right Together, Step Back Left
左足後踏, 右足併踏, 左足後踏
- 5-6 Rock Back Right, Recover On Left 右足後下沉, 左足回復
- 7-8 ½ Turn Left Stepping Back Right, ½ Turn Left Stepping Forward Left
左轉180度右足後踏, 左轉180度左足前踏
(Easier Option Step 7-8: Walk Forward Right-Left)
簡易版7-8:右-左走步

