

The wave of Gulangyu Islet (鼓浪屿之波) (zh)

COPPER KNOB
STEPSHEETS

拍數: 68 牆數: 2 級數: Phrased Intermediate
編舞者: Du Wei (CN) - 2012年05月
音樂: Waves of Gulang Island (鼓浪屿之波) - Zhong Limin (钟立民)



Dance Sequence: AABAAB ENDING
舞蹈顺序: AABAAB ENDING

Intro: 36 counts
前奏: 36拍

PATTERN A: 32 counts
A组 32拍

A1: STEP SIDE, DRAG, CROSS, BESIDE, STEP, 1/2 TURN, SWEEP,
CROSS, BESIDE, FORWARD, SWEEP, CROSS, BESIDE, LEFT MAMBO

1-2& Step right to right side and drag left, Cross left behind right, step right beside left.
3 Step left to left side, turn 1/2 left and sweep right from back to forward (6:00).
4& Cross right over left, step left beside right.
5-6& Step right forward and sweep left from back to forward, Cross left over right, step right beside.
7-8& Step left back, Recover to right, step left beside right.

A1: 橫踏, 拖步, 交叉步, 旁并, 踏, 轉體1/2, 掃, 交叉步, 旁并, 進, 掃, 交叉步, 旁并, 退, 回重心

1-2& 右橫步同時左腳拖步, 左在右後交叉, 右并步。
3 左橫步左轉1/2, 同時向前掃右腳(面向6:00)。
4& 右在左前交叉, 左并步。
5-6& 右前踏同時左向前掃, 左在右前交叉, 右并步。
7-8& 左後退, 重心回右, 左并步。

A2: STEP SIDE, RECOVER, CROSS, back, 1/2 TURN, FORWARD, STEP
SIDE, RECOVER, CROSS, back, 1/4 TURN, FORWARD,

9&10 Step right to right side, Recover to left, Cross right over left.
11&12 Step left back, Turn 1/2 right and step right forward(12:00), Step left forward.
13&14 Step right to right side, Recover to left, Cross right over left.
15&16 Step left back, Turn 1/4 right and step right forward(3:00), Step left forward.

A2: 橫步, 回重心, 交叉步, 退, 轉體1/2, 進, 橫步, 回重心, 交叉步, 退, 轉體1/4, 進

9&10 右橫步, 重心回左, 右在左前交叉。
11&12 左後踏, 右轉1/2同時右前踏(面向12:00), 左前踏。
13&14 右橫步, 重心回左, 右在左前交叉。
15&16 左後踏, 右轉1/4同時右前踏(面向3:00), 左前踏。

A3: SIDE, RECOVER, WEAVE, TOUCH, FORWARD, BACK, 5/4 TURN, FORWARD, FORWARD, recover,
FORWARD, Turn 1/2 left

17&18& Step right to right side, Recover to left, Cross right over left, Step left to left side.
19&20 Cross right behind left, Step left to left side, Touch right toe together.
21&22 Turn 1/4 right and step right forward(6:00), Turn 1/2 right and step left back(12:00), Turn 1/2
right and step right forward(6:00)
23&24 Step left forward, Recover to right, Turn 1/2 left and step left forward(12:00).

A3: 橫步, 回重心, 波浪步, 旁點, 進, 退, 轉體5/4, 進, 進, 回重心, 進, 左轉1/2

17&18& 右橫步, 重心回左, 右在左前交叉, 左橫步。
19&20 右在左後交叉, 左橫步, 右在左旁點并。

- 21&22 右转1/4同时右前踏(面向6:00),继续右转1/2同时左后退(面向12:00),继续右转1/2同时右前踏(面向6:00)。
23&24 左前踏,重心回右,左转1/2同时左前踏。

A4: BACK,BACK,COASTER STEP,FORWARD,RECOVER,1/2 TURN,SHUFFLE

- 25-26 Step right back,Step left back.
27&28 Step right back,step left beside right,step right forward.
29-30-31&32 Step left forward,Recover to right,Turn 1/2 left and forward shuffle left, right,left(6:00).

A4: 退,退,交换步,进,回重心,转体1/2,恰恰

- 25-26 右后退,左后退。
27&28 右后退,左并于右,右前踏。
29-30-31&32 左前踏,重心回右,左转1/2同时左前恰恰(面向6:00)。

B PATTERN:36 counts

B组 36拍

B1: STAMP,1/4TURN,SWEEP,BACK,RECOVER,turn 3/4,STEP SIDE,BESIDE,sweep,1/2turn ,CROSS,beside,CROSS,back,turn 1/4,sweep

- 1-2& Stamp right back,Turn 1/4 left and SWEEP left(9:00),step back left,recover to right.
3-4& Turn 1/2 left and step left forward(3:00),turn 1/4 left and step right to right side,step left beside right.
5-6& step right to right side,turn 1/2 right and sweep left(6:00),Cross left over right,step right beside left.
7-8& Cross left over right,Stomp right back,and turn 1/4 left,sweep left(3:00).

B1: 重踏,转体1/4,抬扫,退,回重心,转体3/4,横步,并步,抬扫,转体1/2,交叉步,旁并,交叉步,退,转体1/4,抬扫

- 1-2& 右后重踏,左转1/4同时左抬向左扫(面向9:00),左后踏,重心回右。
3-4& 左转1/2同时左踏(面向3:00),左转1/4(面向12:00),右横步,左并于右。
5-6& 右横步,右转1/2,同时向前扫左脚(面向6:00),左在右前交叉,右并步。
7-8& 左在右前交叉,右后重踏同时左转1/4,左抬向左扫(面向3:00),

B2: Coster,Turn 3/4,chasse,behind ,RECOVER,side

- 9&10 Step left back,step right beside left,step left forward.
11-12 Turn 1/4 right and step right forward(6:00),turn 1/2 right,step left back(12:00).
13&14 Step right to right side,step left beside,step right side.
15&16 Cross left behind right,Recover to right,step left to left side.

B2: 交换步,转体3/4,交叉步,回重心,旁

- 9&10 左后退,右并左,左前踏。
11-12 右转1/4同时右前踏(面向6:00),继续右转1/2,左后踏(面向12:00)。
13&14 右横步,左并于右,右横步。
15&16 左在右后交叉,重心回右,左横步。

B3: Weave,STEP SIDE,TOUCH SIDE>(*2)

- 17&18& Cross right over left,step left side,Cross right behind left,step left side.
19-20 Cross right over left,touch left toe to left side.
21&22& Cross left over right,step right side,Cross left behind right,step right side.
23-24 Cross left over right,touch right toe to right side.

B3: 纺织步,横步,侧点

- 17&18& 右在左前交叉,左横步,右在左后交叉,左横步。
19-20 右在左前交叉,左脚向左侧点。
21&22& 左在右前交叉,右横步,左在右后交叉,右横步。
23-24 左在右前交叉,右脚向右侧点。

B4: STAMP,sweep,BACK,coaster, SIDE mambo,SIDE mambo

- 25&26 Stamp right back and sweep left,step left back.
27&28 Step right back,step left beside,step right forward.

29&30 Step left to left side,Recover to right,step left beside right.
31&32 Step right to right side,Recover to left,step right beside left
B4: 重踏，抬扫，退，交换步，横曼波，横曼波
25&26 右后重踏同时左前抬向左扫，左后退。
27&28 右后退，左并右，右前踏。
29&30 左横步，重心回右，左并右。
31&32 右横步，重心回左，右并左。

B5: Forward, Recover ,Turn full left , shuffle

33-34-35&36 Step left forward, Recover to right,Turn full left and shuffle forward left, right,left(12:00).

B5: 进，回重心，转体360°，恰恰

33-34-35&36 左前踏，重心回右，左转360°同时左前恰恰(面向12:00)。

Ending:only dance 1-8 of pattern A.

结束句：只跳A组的1 - 8拍

Please refer to the videa for details of arms movement.

上身动作参考视频
