

Roll With The Wind (隨風而去) (zh)

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Cato Larsen (NOR) - 2009年08月
音樂: Roll with the Wind - Alexander Rybak : (CD: Fairytales 09)



前奏: Intro: Start the dance at vocals after 32 counts. (20 seconds).32拍後唱歌起跳(約20秒)

- 第一段** **Side Rock, Ball-Cross, Toe & Heel, Cross, 1/4 Pivot Turn, Shuffle 1/4 Turn. 側下沉, 併交叉, 趾踵, 交叉 1/4, 1/4轉交換**
- 1,2 Step right to the right side (1), Rock (recover) back onto left (2). [12:00] 右足右下沉, 左足回復(面向12點
右下沉 回 鐘)
復
- &3 Step right next to left (&), Cross left over right (3).
併 交叉 右足併踏, 左足於右足前交叉踏
- &4 趾 踵 Touch right toe next to left foot (&), Touch right heel forward on a right diagonal (4).右足趾併點, 右足踵右
斜前點
- 5,6 Cross right over left (5). Pivot ¼ turn right by Stepping back on left foot (6). [3:00]
交叉 右90 右足於左足前交叉踏, 右轉90度左足後踏(面向3點鐘)
- 7&8 Pivot ¼ turn right by Stepping forward on right foot (7). Step left next to right (&), Step forward on right
90轉交換 (8).[6:00]
右轉90度右足前踏(面向6點鐘), 左足併踏, 右足前踏
- 第二段** **Step, 1/4 Turn & Cross, 1/4 Pivot Turn, 1/2 Pivot Turn Twice Into Coaster Step 1/4 Turn & Cross, 1/4 Pivot
Turn Twice.
踏 1/4 交叉, 1/4, 1/2 1/2帶1/4海岸步, 1/4 1/4**
- 1&2 Step forward on left (1), Pivot ¼ turn right (&), Cross left over right (2). [9:00]
踏 90 交叉 左足前踏, 右軸轉90度, 左足於右足前交叉踏(面向9點鐘)
- 3, 4 Pivot ¼ turn left Stepping back on right (3). [6:00], Pivot ½ turn left Stepping forward on left (4). [12:00]
左90 180 左轉90度右足後踏(面向6點鐘), 左轉180度左足前踏(面向12點鐘)
- 5&6 Pivot ½ turn left Stepping back on right (5), Step left next to right (&). [6:00], Pivot ¼ turn right Crossing
270海岸交 right over left (6). [9:00]
叉 左轉180度右足後踏, 左足併踏(面向6點鐘), 右轉90度右足於左足前交叉踏(面向9點鐘)
- 7, 8 Pivot ¼ turn right Stepping back on left (7). [12:00], Pivot ¼ turn right Stepping right to right side (8). [3:00]
90 90 右轉90度左足後踏(面向12點鐘), 右轉90度右足右踏(面向3點鐘)
- RESTART:**
Restart from here on wall 3 & 7 by Stepping left next to right on the next &-count.
第三面牆及第七面牆跳至此, 多一個&拍, 左足併踏, 從頭起跳
- 第三段** **Cross Rock, Side Rock, Cross Rock 1/4 Turn, Step, 1/4 Turn, Full Turn Pencil Spin. 交叉下沉, 側下沉, 交
叉下沉轉1/4, 1/4, 轉圈**
- 1&2& Cross left over right (1), Rock (recover) back again onto right (&), Step left to left side (2), Rock (recover)
交叉下沉 back again onto right (&) 左足於右足前交叉下沉, 右足回復, 左足左下沉, 右足回復
回復
左下沉回
復
- 3&4 Cross left over right (3), Rock (recover) back again onto right (&), Pivot ¼ turn left Stepping forward on left
交叉曼波 (4). [12:00]
轉90 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏(面向12點鐘)
- 5,6 踏 轉 Step forward on right (5), Pivot ½ turn left (6). [6:00]
右足前踏, 左軸轉180度(面向6點鐘)
- 7 左轉圈 Step right next to left and Spin full turn left on ball of both feet (7). [6:00] 右足併踏左轉圈(面向6點鐘)
- 8 踏 Step forward on left (8).左足前踏

第四段 Mambo 1/4 Turn, Hitch & Out, Jump In-Out, Chugg 1/2 Turn.
曼波轉1/4, 抬外, 跳內外, 僵屍轉

1&2 Step forward on right (1), Rock (recover) back onto left (&). [6:00]. Pivot ¼ turn right Stepping right to right side (2). [9:00]
曼波轉90 右足前下沉, 左足回復(面向6點鐘), 右轉90度右足右踏(面向9點鐘)

3&4 抬外 Hitch left knee across of right leg (3), Ronde/Sweep left knee to left side (&), Step left out to left side (4)
左 左膝於右足前抬, 左膝繞向左, 左足左踏

&5 跳內外 Jump both feet together (&), Jump both feet out (5).
雙足併踏, 雙足分開

6-8 Chug Turn ½ turn left by “Chugging” on right foot (6,7,8). [3:00]
重心在右足, 以左足略抬以三次重併踏左轉180度(面向3點鐘)

Chugg: Fall heavily on right foot by placing your upper body over right foot. Lift and stomp right foot 3x and turn gradually while chugging.
僵屍跳 重心在右足, 以左足略抬重併踏三次轉動

TAG: To be danced AFTER wall 1 & 4.
加拍：第一面牆及第四面牆結束時加2拍

Step, Hitch, 1/4 Turn & Cross.
踏, 抬, 1/4交叉

1& 踏 抬 Step right foot forward (1), Hitch left knee (&).
右足前踏, 左膝抬

2 左90交 Pivot ¼ turn left Crossing left over right (2).
叉 左轉90度左足於右足前交叉踏
