

Rumba Breeze (簡單倫巴) (zh)

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Everybody's Talking - Joe Sample & Randy Crawford : (CD: Feeling Good)



前奏 : Introduction: 64 Counts 64拍後起跳

- 第一段 Side,Together,Forward,Hold: Repeat 側,併,前,候(重覆)**
- 1,2 LEFT Step side L, RIGHT Step beside L 左足左踏, 右足併踏
3,4 LEFT Step forward, HOLD 左足前踏, 候
5,6 RIGHT Step side R, LEFT Step beside R 右足右踏, 左足併踏
7,8 RIGHT Step forward; HOLD 右足前踏, 候
- 第二段 Forward,Turn,Back,Hold; Back,Back,Back,Kick 前,轉,後,候,後,後,後,踢**
- 1,2 LEFT Step forward, Turn 1/2 R with RIGHT Step forward (in place) (6 o'clock) 左足前踏, 右轉180度右足前踏(面向6點鐘)
3,4 Turn 1/2 R with LEFT Step back, HOLD (12 o'clock) 右轉180度左足後踏, 候(面向12點鐘)
5,6 RIGHT, LEFT Steps back 右足後踏, 左足後踏
7,8 RIGHT Step back, LEFT Kick forward 右足後踏, 左足前踢
- 第三段 Turn,Side,Behind,Hold; Side,Recover,Behind,Hold 轉,側,後,候,側,回復,後,候**
- 1,2 Turn 1/4 L with LEFT Step forward, RIGHT Step side R (9 o'clock) 左轉90度左足前踏, 右足右踏(面向9點鐘)
3,4 LEFT Step back & crossed behind R, HOLD 左足於右足後交叉踏, 候
5,6 RIGHT Rock/Step side R, LEFT Recover/Step side (in place) 右足右下沉, 左足回復
7,8 RIGHT Step back & crossed behind L, HOLD 右足於左足後交叉踏, 候
- 第四段 Sway,Sway,Sway,Touch; Turn,Turn,Turn,Touch [R Turning Vine] 推臀,推臀,推臀,點,轉,轉,轉,點(右轉華倫)**
- 1,2 LEFT Rock/Step side L with L hip bump, RIGHT Rock/Step side R with R hip bump 左足左下沉左推臀, 右足右下沉右推臀
3,4 LEFT Rock/Step side L with L hip bump, RIGHT Touch beside L 左足左下沉左推臀, 右足併點
5,6 Turn 1/4 R with RIGHT Step forward, Turn 1/2 R with LEFT Step back 右轉90度右足前踏, 右轉180度左足後踏
7,8 Turn 1/4 R with RIGHT Step side R, LEFT Touch beside R 右轉90度右足右踏, 左足併點
- 第五段 Across,Turn,Turn,Hold; Forward,Forward,Across,Hold 交叉,轉,轉,候,前,前,交叉,候**
- 1,2 LEFT Step across front of R, Turn 1/4 L with RIGHT Step back 左足於右足前交叉踏, 左轉90度右足後踏
3,4 Turn 1/4 L with LEFT Step forward, HOLD (3 o'clock) 左轉90度左足前踏, 候
5,6 RIGHT Step forward, LEFT Step forward 右足前踏, 左足前踏
7,8 Turn 1/4 R with RIGHT Step across front of L, HOLD (6 o'clock) 右轉90度右足於左足前交叉踏, 候(面向6點鐘)
- 第六段 Side,Together,Back,Hold; Rock,Recover,Turn,Hold 側,併,後,候,下沉,回復,轉,候**
- 1,2 LEFT Step side L, RIGHT Step beside L 左足左踏, 右足併踏
3,4 LEFT Step back, HOLD 左足後踏, 候

- 5,6 RIGHT Rock/Step back, LEFT Recover/Step forward
右足後下沉, 左足回復
- 7,8 Turn 1/4 L with RIGHT Step side R, HOLD (3 o'clock)
左轉90度右足右踏, 候(面向3點鐘)

第七段 Across, Hold, Ball-Forward, Drag: Repeat
交叉, 候, 併-前踏, 拖(重覆)

(Move forward facing diagonals in this section)
本段舞步都面向斜角線方向舞動

- 1,2 LEFT Step Across front of R, HOLD 左足於右足前交叉踏, 候
- &34 RIGHT Step forward & behind heel of L, LEFT Step forward diagonal L, RIGHT Drag to beside L
右足於左足踵前踏, 左足斜前踏, 右足拖併
- 5,6 RIGHT Step Across front of L, HOLD 右足於左足前交叉踏, 候
- &78 LEFT Step forward & behind heel of R, RIGHT Step forward, LEFT Drag to beside R (3 o'clock)
左足於右足踵前踏, 右足前踏, 左足拖併(面向3點鐘)

第八段 Rock, Recover, Turn, Hold, Rock, Recover, Back, Hold
下沉, 回復, 轉, 候, 下沉, 回復, 後, 候

- 1,2 LEFT Rock/ Step forward, RIGHT Recover/Step back
左足前下沉, 右足回復
- 3,4 Turn 1/2 L with LEFT Step forward, HOLD 左轉180度左足前踏, 候
- 5,6 RIGHT Rock/Step forward, LEFT Recover/Step back
右足前下沉, 左足回復
- 7,8 RIGHT Step back, Hold (9 o'clock) 右足後踏, 候(面向9點鐘)
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