

# Halo (光環) (zh)

COPPER KNOB  
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate  
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - 2009年04月  
音樂: Halo - Beyoncé



前奏: Starts after 16 Counts 16拍後起跳

## 第一段 Side, Rock & Side, Rock & 1/4, Step, Step 1/2 Step 側, 下沉 & 側, 下沉 & 轉1/4, 踏, 踏轉踏

- 1 Step Left to Left side. 左足左踏
- 2&3 Rock Right behind Left, recover on Left, step Right to Right side. 右足於左足後下沉, 左足回復, 右足右踏
- 4&5 Rock Left behind Right, recover on Right, make 1/4 turn to Left stepping forward on Left. [9:00]  
左足於右足後下沉, 右足回復, 左轉90度左足前踏(面向9點鐘)
- 6 Step forward on Right. 右足前踏
- 7&8 Step forward on Left, pivot 1/2 turn to Right, step forward on Left. [3:00]左足前踏, 右軸轉180度, 左足前踏(面向3點鐘)

## 第二段 1/2, 1/4 Side, Rock & 1/4, Sailor 3/4 Cross, Slow Unwind Full Turn, Sweep Behind & Cross. 1/2, 1/4側, 下沉&1/4, 轉3/4水手交叉, 慢繞轉圈, 後繞&交叉

- &1 Make 1/2 turn to Left stepping back on Right, 1/4 turn Left stepping Left to Left side. [6:00]  
左轉180度右足後踏, 左轉90度左足左踏(面向6點鐘)
- 2&3 Rock Right behind Left, recover on Left, make 1/4 turn Left stepping back on Right. [3:00]  
右足於左足後下沉, 左足回復, 左轉90度右足後踏(面向3點鐘)
- 4&5 Make 1/4 turn to Left stepping Left to Left side, 1/4 turn Left stepping Right next to Left, 1/4 turn Left stepping Left over Right. (Dip slightly count 5) [6:00]  
左轉90度左足左踏, 左轉90度右足併踏, 左轉90度左足於右足前交叉踏(第5拍時略蹲)(面向6點鐘)
- 6-7 Unwind a slow full turn to Right (over 2 counts) [6:00]  
以2拍右繞轉圈(面向6點鐘)
- 8&1 Sweep Right out & step behind Left, step Left to Left side, cross lock Right over Left (dip)  
右足繞至左足後踏, 左足左踏, 右足於左足前交叉踏(蹲)

## 第三段 Back, 1/2 Turn, Step 1/4 Cross, 1/4, 1/2, Step Full Turn Touch. 後, 轉1/2, 踏轉1/4交叉, 1/4, 1/2, 踏轉圈點

- 2-3\*\* Step back on Left, make 1/2 turn to Right stepping forward on Right. [12:00] 左足後踏, 右轉180度右足前踏(面向12點鐘)

\*\*RESTART: Wall 7 [Facing 9:00]. Dance Up To & Including Count 3 (19) Section 3.. Then Touch Left Next To Right & Restart Dance From Count 1

第8面牆(面向9點鐘)跳至第3拍改踏左足併點從頭起跳

- 4&5 Step forward on Left, pivot 1/4 turn to Right, cross step Left over Right. [3:00] 左足前踏, 右軸轉90度, 左足於右足前交叉踏(面向3點鐘)
- 6-7 Make 1/4 turn to Left stepping back on Right, 1/2 turn to Left stepping forward on Left. [6:00]  
左轉90度右足後踏, 左轉180度左足前踏(面向6點鐘)
- 8&1 Step forward on Right, pivot 1/2 turn to Left, 1/2 turn to Left touching Right to Right. [6:00]  
右足前踏, 左軸轉180度, 左轉180度右足右點(面向6點鐘)

## 第四段 Cross, 1/4, Coaster Step, Step, 1/2, 1/2, 1/2, Touch 交叉, 1/4, 海岸步, 踏, 1/2, 1/2, 1/2, 點

- 2-3 Cross step Right over Left, make 1/4 turn to Right stepping back on Left. [9:00] 右足於左足前交叉踏, 右轉90度左足後踏(面向9點鐘)
- 4&5 Step back on Right, step Left next to Right, step forward on Right. 右足後踏, 左足併踏, 右足前踏
- 6 Step forward on Left. 左足前踏

7&8& Make 1/2 turn to Left stepping back on Right, 1/2 turn to Left stepping forward on Left, 1/2 turn to Left stepping back on Right, touch Left next to Right. [3:00]  
左轉180度右足後踏, 左轉180度左足前踏, 左轉180度右足後踏, 左足併點(面向3點鐘)  
Run forward on Right, Run forward on Left, make 1/2 turn to Left stepping Back on Right, touch Left next to Right

Alternative 右足前跑, 左足前跑, 左轉180度右足後踏, 左足併點  
選擇版

**Last Update - 3 July 2020**

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