

Last Drop Of Life (人生最後一滴淚) (zh)

拍數: 32 牆數: 4 級數: Improver
編舞者: Louise Elfvengren (NOR) - 2010年05月
音樂: Última Lágrima da Vida - Piedade Fernandes : (CD: Pyramix)



前奏 : Intro: Start at vocals 唱歌起跳

第一段 Rock Fw Rec. Coaster Step, ½ Step Turn Left, Shuffle Forward 下沉 回復, 海岸步, 踏 轉, 前交換

- 1-2 Rock left fw, recover onto right. 左足前下沉, 右足回復
- 3&4 Step left back, step right next to left, step left forward.
左足後踏, 右足併踏, 左足前踏
- 5-6 Step right forward, turn ½ left stepping left forward. (6)
右足前踏, 左轉180度左足前踏(面向6點鐘)
- 7&8 Step right forward, step left beside left, step right forward.
右足前踏, 左足併踏, 右足前踏
OPTION 7&8: Full tripleturn left stepping right-left-right.
選擇版:小三步圈-右, 左, 右

第二段 Step Fw, Turn ¼ Left, Coaster Step, ½ Step Turn Left, Tap X2 Right Foot 前, 反轉1/4, 海岸步, 踏 轉, 點二次

- 1-2 Step left forward, turn ¼ left stepping down on right. (3)
左足前踏, 左轉90度右足踏(面向3點鐘)
- 3&4 Step left back, step right next to left, step left forward.
左足後踏, 右足併踏, 左足前踏
- 5-6 Step right forward, turn ½ left stepping down on left. (9)
右足前踏, 左轉180度左足踏(面向9點鐘)
- 7-8 Tap right foot twice to the right side. 右足右點二次

Before restart only one tap, step down on right on count 8, RESTART wall 4 (facing 6 o clock) 第四面牆跳至此面向6點鐘, 只做一次右點後, 第8拍變成右足踏, 從頭起跳

第三段 Rock Fw Rec. Shuffle Turn ½ Right, Rock And Cross Shuffle 下沉 回復, 轉交換, 左下沉 回復, 交叉交換

- 1-2 Rock right forward, recover onto left. 右足前下沉, 左足回復
- 3&4 Shuffle turn ½ right, stepping right-left-right. (3)
右180度轉交換-右, 左, 右(面向3點鐘)
- 5-6 Rock left to left side, recover onto right. 左足左下沉, 右足回復
- 7&8 Cross left in front of right, step right to right side, cross left in front of right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第四段 Point To Right, Point Fw, Lock Step Bw, ¼ Turn Left, Touch ¼ Turn Shuffle Right 右點, 前點, 後鎖步, 1/4 併點, 1/4轉交換

- 1-2 Point right to right side, point right forward. 右足右點, 右足前點
- 3&4 Step right back, lock left in front of right, step right back.
右足後踏, 左足於右足前鎖踏, 右足後踏

RESTART wall 9 (facing 9 o clock) 第九面牆跳至此面向9點鐘, 從頭起跳

- 5-6 Turn ¼ left stepping down on left, touch right next to left. (12)
左轉90度左足踏, 右足併點(面向12點鐘)
- 7&8 Turn ¼ right stepping right forward, step left beside left, step right forward. (3) 右轉90度右足前踏, 左足併踏, 右足前踏(面向3點鐘)
OPTION 7&8: Full triple turn right stepping right-left-right
選擇版:小三步轉圈-右, 左, 右

