

La Colegiala (俏女郎) (zh)

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Ria Vos (NL) - 2010年07月
音樂: La Colegiala - Belle Perez



前奏: Intro: 16 counts 16拍後起跳

第一段 Step, Pivot ½ Turn L, Cross & Heel &, Cross Shuffle, ½ Turn R Samba Step
踏轉, 交叉左踵收, 交叉交換, 轉森巴

- 1-2 Step Fwd on R, Pivot ½ Turn Left (6:00)
右足前踏, 左轉180度(面向6點鐘)
- 3& Cross R Over L, Step L to Left Side
右足於左足前交叉踏, 左足左踏
- 4& Touch R Heel to Right Diagonal, Step R Next to L
右足踵斜前點, 右足併踏
- 5&6 Cross L Over R, Step R Small Step to Right Side, Cross L Over R
左足於右足前交叉踏, 右足略右踏, 左足於右足前交叉踏
- 7&8 ½ Turn Right Cross R Over L, Rock L to Left Side, Recover on R (12:00)
右轉180度右足於左足前交叉踏, 左足左下沉, 右足回復(面向12點鐘)

第二段 Weave R, Cross Rock, ¼ Turn L Together, Cross Rock, Together, Shuffle Fwd 右藤步, 交叉, 回復 左1/4 交叉, 回復 併前交換

- 1&2& Cross L over R, Step R to Right Side, Step L Behind R, Step R to Right Side 左足於右足前交叉踏, 右足右踏, 左足於右足後踏, 右足右踏
- 3-4& Cross Rock L Over R, Recover on R, ¼ Turn Left Step L Next to R (9:00)
左足於右足前交叉下沉, 右足回復, 左轉90度左足併踏(面向9點鐘)
- 5-6& Cross Rock R Over L, Recover on L, Step R Next to L
右足於左足前交叉下沉, 左足回復, 右足併踏
- 7&8 Shuffle Fwd Stepping L,R,L 前交換-左, 右, 左

RESTART: There is one restart on wall 3 after count 16 (3:00)

第三面牆跳至此, 面向3點鐘, 從頭起跳

第三段 Monterey ¼ Turn R, Point, Together, Hitch, Side, Together, -Repeat
蒙特瑞右轉1/4, 抬右併, 重覆再做一次

- 1& Point R to Right Side, ¼ Turn Right Step R Next to L (12:00)
右足右點, 右轉90度右足併踏(面向12點鐘)
- 2& Point L to Left Side, Step L Next to R
左足左點, 左足併踏
- 3&4 Hitch R Across L, Step R to Right Side, Step L Next to R
右足於左足前抬, 右足右踏, 左足併踏
- 5& Point R to Right Side, ¼ Turn Right Step R Next to L (3:00)
右足右點, 右轉90度右足併踏(面向3點鐘)
- 6& Point L to Left Side, Step L Next to R 左足左點, 左足併踏
- 7&8 Hitch R Across L, Step R to Right Side, Step L Next to R
右足於左足前抬, 右足右踏, 左足併踏

第四段 Side Rock, Behind-Side-Cross, Side Rock, Sailor ½ Turn L
右下沉 回復, 後旁前, 左下沉 回復, 轉水手

- 1-2 Rock R to Right Side, Recover on L 右足右下沉, 左足回復
- 3&4 Step R Behind L, Step L to Left Side, Cross R Over L
右足於左足後踏, 左足左踏, 右足於左足前交叉踏
- 5-6 Rock L to Left Side, Recover on R 左足左下沉, 右足回復
- 7&8 Step L Behind R, Make ½ Turn Left Stepping R Beside L, Step Fwd on L (9:00) 左足於右足後踏, 左轉180度右足併踏, 左足前踏(面向9點鐘)

ENDING: On count 31&32 replace the Sailor ½ Turn Left with a Sailor ¼ Turn Left to end facing front. 結束時, 將最後轉水手, 改成左90度轉水手, 面向前面牆結束舞曲
