

# Life Is A Long Way To Run (漫漫人生路) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Anita Wittenberg - 2009年01月  
音樂: Life Is A Long Way To Run - Dancelife



前奏: 16 Count intro 16拍起跳

**第一段**     **¼ Turn Step, ¼ Turn Step, ¼ Turn Step Back, Step Back, ¼ Turn Step, Drag**  
**1/4踏, 1/4左 1/4後 後, 1/4右, 拖併**

- 1            RF ¼ turn right step forward  
             右轉90度右足前踏
- 2            LF ¼ turn right step side left  
             右轉90度左足左踏
- &            RF ¼ turn right step back (9:00)  
             右轉90度右足後踏(面向9點鐘)
- 3            LF step back 左足後踏
- 4            RF ¼ turn right step side right (12:00)  
             右轉90度右足右踏(面向12點鐘)
- 5,6          LF drag to RF 左足拖併

**第二段**     **Knee Swivel, Kick, Step, Slide, Drag** 膝轉, 踢, 踏滑 拖併

- 7            LF swivel knee in front of right leg  
             左膝於右腿前旋轉
- 8            LF kick diagonally left 左足左斜前踢
- 9            LF step next to RF 左足併踏
- 10           RF slide side right 右足右滑踏
- 11           RF drag towards LF 右足拖併至左足
- 12           RF drag next to LF 右足併踏

**第三段**     **Cross, Step, ¼ Turn Cross, Step Back, ½ Turn Step, ¾ Turn Ronde**  
**交叉, 左踏, 1/4交叉, 後, 1/2, 繞轉3/4**

- 13           RF step diagonally forward left  
             右足於左足前交叉踏
- 14           LF step side left 左足左踏
- &            RF ¼ turn right cross in front of LF  
             右轉90度右足於左足前交叉踏
- 15           LF step back 左足後踏
- 16           RF ½ turn right step forward  
             右轉180度右足前踏
- 17,18        RF ¾ turn right sweeping LF (6:00)  
             重心在右足右轉270度左足繞(面向6點鐘)

**第四段**     **Step, ¼ Turn Step, ½ Turn, Step Back, ½ Turn Step, Step Back 1/4 Turn**  
**踏, 1/4, 1/2, 後, 1/2踏, 1/4後**

- 19           LF step forward 左足前踏

- 20 LF ¼ turn left step RF next to LF  
左轉90度右足併踏
- 21 ½ turn left weight on both feet  
左轉180度重心在雙足
- 22 LF step back 左足後踏
- 23 RF ½ turn right step forward  
右轉180度右足前踏
- 24 LF step back 1/4 turn right (6:00)  
左足後踏右轉90度 (面向6點鐘)
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