

Like A Dream (夢幻仙境) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年05月
音樂: It's Your World Now - Eagles : (CD: Long Road Out Of Eden)



前奏: Start 32 counts after the beat kicks in, on the word 'day', when he sings the lyric 'a perfect DAY

- 第一段** Vine R with ½ R turn and 3 hip sways L, R, L, R rock back & recover
右轉1/2右華倫, 3次擺臀-左, 右, 左, 右後下沉 & 回復
- 1-3 Step R side, cross step L behind R, turning ¼ right step R forward
華倫90 右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏
- 4-6 Turning ¼ right sway hips left, sway hips right, sway hips left (weight ends on left) 右轉90度左擺臀, 右擺
90擺臀 臀, 左擺臀(重心在左足)
- 7-8 Rock R back, recover weight on L (facing 6 o'clock)
後下沉回復 右足後下沉, 左足回復(面向6點鐘)
- 第二段** Vine R with ½ R turn and 3 hip sways L, R, L, R rock back & recover
右轉1/2右華倫, 3次擺臀-左, 右, 左, 右後下沉 & 回復
(重覆第一段舞步)
- 1-3 Step R side, cross step L behind R, turning ¼ right step R forward
華倫90 右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏
- 4-6 Turning ¼ right sway hips left, sway hips right, sway hips left (weight ends on left) 右轉90度左擺臀, 右擺
90擺臀 臀, 左擺臀(重心在左足)
- 7-8 Rock R back, recover weight on L (facing 12 o'clock)
後下沉回復 右足後下沉, 左足回復(面向12點鐘)
- 第三段** Walk fwd R & L, R fwd rock & recover, R full turn back, R back rock & recover 前走步-右, 左, 右前下沉 回
復, 右後轉圈, 右後下沉 回復
- 1-4 Step R forward, step L forward, rock R forward, recover weight on L
走走 右足前踏, 左足前踏, 右足前下沉, 左足回復
下沉回復
- 5-8 Turning ½ right step R forward, turning ½ R step L back, rock R back, recover weight on L
轉轉 右轉180度右足前踏, 右轉180度左足後踏, 右足後下沉, 左足回復
後下沉回
復
- Easier walk back R, L, R rock back & recover (facing 12 o'clock)
alternative 後走步-右, 左, 右足後下沉 & 回復(面向12點鐘)
for 5-8
5-8拍簡易
版
- 第四段** R fwd, ½ L pivot turn, R fwd, ¼ L pivot turn, R jazz box cross
右足前踏, 左轉1/2, 右足前踏, 左轉1/4, 右交叉爵士方塊
- 1-4 Step R forward, pivot ½ L, step R forward, pivot ¼ L (use your hips on turns – it feels good!)
踏轉踏90 右足前踏, 左轉180度(擺臀旋轉), 右足前踏, 左轉90度(擺臀旋轉)
- 5-8 Cross step R over L, step L back, step R side, cross step L over R (facing 3 o'clock)
Jazz box 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足於右足前交叉踏(3點鐘)
交叉
- 第五段** R side box, R cross step, L side rock & recover, L cross step
右側方塊, 右交叉踏, 左側下沉 回復, 左交叉踏

- 1-3 Step R side, step L together
右併後 右足右踏, 左足併踏, 右足後踏
- 4-5 step R back, step L side, Cross step R over L
左前交叉 左足左踏, 右足於左足前交叉踏
- 6-8 rock L side, recover weight on R, cross step L over R (facing 3 o'clock)
曼波交叉 左足左下沉, 右足回復, 左足於右足前交叉踏(3點鐘)

第六段 ½ L hinge turn, R cross rock & recover, R side, L cross rock & recover, 1/4 L & L fwd
左鏈轉1/2, 右交叉下沉 回復, 右側, 左交叉下沉 回復, 左轉1/4左前

- 1-2 Turning ¼ left step R back, turning ¼ left step L side
左90度 左轉90度右足後踏, 左轉90度左足左踏
- 3-5 Cross rock R over L, recover weight on L, Step R side
交叉曼波 右足於左足前交叉下沉, 左足回復, 右足右踏
- 6-8 cross rock L over R, recover weight on R, turning ¼ left step L forward (facing 6 o'clock)
交叉曼波90 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏(面向6點鐘)

第七段 R fwd, ¼ L pivot turn, weave L 3, L sweep behind, L cross behind, R side 右前, 左轉1/4, 左三拍藤步, 左後繞, 左後交叉, 右側

- 1-2 Step R forward, pivot ¼ left 右足前踏, 左轉90度
踏90
- 3-6 Cross step R over L, step L side, cross step L behind R?, sweep L from front to back
藤步繞 右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足由前繞至後
- 7-8 Cross step L behind R, step R side (facing 3 o'clock)
藤步繞 左足於右足後交叉踏, 右足右踏(面向3點鐘)

第八段 L cross step, R sweep over, R cross step, L side, R cross behind, ¼ L & L fwd, ½ L pivot turn
左交叉踏, 右繞, 右交叉踏, 左側, 右後交叉, 左轉1/4左前, 左轉1/2

- 1-2 Cross step L over R, sweep R from back to front
(與前併) 左足於右足前交叉踏, 右足由後繞至前
- 3-4 Cross step R over L, step L side
藤步左90 右足於左足前交叉踏, 左足左踏
- 5-6 Cross step R behind L, turning ¼ left step L forward
右足於左足後交叉踏, 左轉90度左足前踏
- 7-8 踏轉 Step R forward, pivot ½ left (facing 6 o'clock)
右足前踏, 左轉180度(面向6點鐘)

NB: Turn ¼ left to start dance on next wall (facing 3 o'clock)
Nota bene 左轉90度從頭起跳(面向3點鐘)
注意

ENDING: Final rotation will start facing back wall. Dance 1st 32 counts changing 31-32: turning ¼ R towards front wall step R side, step L forward & hold (the end)

照原舞序跳音樂結束時最後一圈會面向後面牆, 跳第四段最後二拍改成
右轉90度右足右踏, 左足前踏 & 候
