

# Whiter Than White (蒼白的影子) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Kim Ray (UK) - 2009年02月  
音樂: A Whiter Shade of Pale - Annie Lennox : (CD: Medusa)



- 第一段**      **Step Side Right, Behind/Cross Front, Step Side Left, Rock/Recover, Step Forward, ½ Pivot Turn, Full Turn**  
右踏, 後/前交叉, 左踏, 下沉回復, 前踏, 轉1/2, 轉圈
- 1-2&      Large step to right side, cross left behind right, cross right over left 右足右一大步, 左足於右足後交叉踏, 右足於左足前交叉踏
- 3-4&      Large step to left side, rock back on right, recover forward on left 左足左一大步, 右足後下沉, 左足前回復
- 5      Step forward on right 右足前踏
- 6&7      Step forward on left, ½ pivot turn right, step forward on left (6o/c) 左足前踏, 右轉180度, 左足前踏(面向6點鐘)
- 8&      Moving slightly forward ½ turn left stepping back on right, ½ turn left stepping forward on left (略向前移)左轉180度右足後踏, 左轉180度左足前踏
- 第二段**      **Step Side Right, Behind/Cross, ¼ Turn Left Step Forward, Full Turn, Run Back, Lift, Run Forward**  
右踏, 後/交叉, 左1/4前踏, 轉圈, 後跑, 抬, 前跑
- 1-2&      Large step to right side, cross left behind right, cross right over left 右足右一大步, 左足於右足後交叉踏, 右足於左足前交叉踏
- 3      ¼ turn left stepping forward on left 左轉90度左足前踏
- 4&5      Step forward on right, ½ pivot turn left, ½ turn left stepping back on right (3o/c) 右足前踏, 左轉180度, 左轉180度右足後踏(面向3點鐘)
- 6&      Small run/step back on left, small run/step back on right  
左足後踏, 右足後踏
- 7      Lift left knee slightly bent and point left toe forward  
抬左膝左足趾前點
- &8&      Run/step slightly forward on left, small run/step forward on right, small run/step forward on left  
左足略前踏, 右足略前踏, 左足略前踏
- 第三段**      **Right Step Forward, ¼ Pivot Turn & Cross, ½ Triple Turn Point, ¼ Turn Point, Switch, Hook ½ Turn, Step Forward**  
右前踏, 轉1/4 交叉, 小三步轉1/2帶點, 轉1/4 點, 踏, 點, 勾轉1/2, 前踏
- 1      Step forward on right 右足前踏
- 2&3      Step forward on left, ¼ pivot turn right, cross left over right (6o/c) 左足前踏, 右轉1/4, 左足於右足前交叉踏(面向6點鐘)
- 4&5      On the spot turning ½ left step on right, left, point right to right side (12o/c)  
原地三步左轉180度-右足踏, 左足踏, 右足右點(面向12點鐘)
- &6      ¼ turn right stepping on right, point left toe to left side (3o/c)  
右轉90度右足踏, 左足左點(面向3點鐘)
- &7      Step left in place, point right toe to right side  
左足踏, 右足趾右點
- &8      Bring right foot across left shin, on left foot ½ turn right and step forward on right (9o/c)  
右足於左小腿前交叉抬, 以左足右轉180度右足前踏(面向9點鐘)

- 第四段**    **Ball Rock/Recover, ½ Turn Right, Rock/Recover, ¼ Turn Left, Step Forward, Pivot ½ Turn, Full Turn, ¼ Turn**  
**踏 下沉回復,右1/2,下沉回復,左1/4,前踏,轉1/2,轉圈,轉1/4**
- &1-2    Step left next to right, rock/lean forward on right, cover back on left 左足併踏, 右足前下沉, 左足後回復
- &3-4    ½ turn right stepping right in place, rock/lean forward on left, recover back on right (3o/c)  
右轉180度右足踏, 左足前下沉, 右足後回復(面向3點鐘)
- &5    ¼ turn left stepping left in place, step forward on right (12o/c)  
左轉90度左足踏, 右足前踏(面向12點鐘)
- 6&7    Step forward on left, ½ pivot turn right, step forward on left (6o/c) 左足前踏, 右轉180度, 左足前踏(面向6點鐘)
- 8&a    Moving slightly forward ½ turn left stepping back on right, ½ turn left stepping forward on left, ¼ left on left foot (3o/c)  
略向前左轉180度右足後踏, 左轉180度左足前踏, 左轉90度接續第一拍(面向3點鐘)
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