

Umbrella Swing (雨中起舞) (zh)

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Improver
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音樂: Umbrella - The Baseballs : (CD: Strike!)



前奏 : Intro: 16 counts 16拍後起跳

Part A A部份

第一段 Step, Pivot ½ Turn R, Step, Kick-Ball-Step, Pivot ¼ Turn R, Cross, Kick-Ball-Cross 踏轉踏, 踢併踏, 1/4, 交叉, 踢併交叉

1-3 Step Fwd on L, Pivot ½ Turn Right, Step Fwd on L (6:00)
左足前踏, 右軸轉180度, 左足前踏(面向6點鐘)

4&5 Kick R Fwd, Step R Next to L, Step Fwd on L
右足前踢, 右足併踏, 左足前踏

6-7 Pivot ¼ Turn R, Cross L Over R (9:00)
右軸轉90度, 左足於右足前交叉踏(面向9點鐘)

8&1 Kick R to Right Diagonal, Step R Next to L, Cross L Over R
右足右斜角踢, 右足併踏, 左足於右足前交叉踏

**第二段 Back, Side, Cross Shuffle, Back, Side, Cross Shuffle
後, 側, 交叉交換, 後, 側, 交叉交換**

2-3 Step Back on R, Step L to Left Side 右足後踏, 左足左踏

4&5 Cross R Over L, Step L to Left Side, Cross R Over L
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

6-7 Step back on L, Step R to Right Side 左足後踏, 右足右踏

8&1 Cross L Over R, Step R to Right Side,*** Cross L Over R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

***Dance upon this point on last Part A and start again with Part B (12:00)

最後一次A部份(跳第四次A部份)跳至8&時, 直接跳B部份(面向12點鐘)

**第三段 Monterey ¼ Turn R, Side Rock-Cross (x2)
蒙特瑞轉1/4, 側下沉 回復 交叉 共二次**

2-3 Point R to Right Side, ¼ Turn Right Stepping R Next to L (12:00)
右足右點, 右轉90度右足併踏(面向12點鐘)

4&5 Rock L to Left Side, Recover on R, Cross L Over R
左足左下沉, 右足回復, 左足於右足前交叉踏

6-7 Point R to Right Side, ¼ Turn Right Stepping R Next to L (3:00)
右足右點, 右轉90度右足併踏(面向3點鐘)

8&1 Rock L to Left Side, Recover on R, Cross L Over R
左足左下沉, 右足回復, 左足於右足前交叉踏

**第四段 Side Rock, Behind, ¼ Turn L, Step, Rock Fwd, Rec., Step Back, Together
側下沉 回復, 後, 1/4, 踏, 下沉 回復, 後, 併**

2-3 Rock/Lunge R to Right Side, Recover on L
右足右下沉, 左足回復

4&5 Step R Behind L, ¼ Turn Left Step Fwd on L, Step Fwd on R (12:00)
右足於左足後踏, 左轉90度左足前踏, 右足前踏(面向12點鐘)

6-7 Rock Fwd on L, Recover on R 左足前下沉, 右足回復

8& Step Back on L, Step R Next to L 左足後踏, 右足併踏

Part B B部份

**第一段 Cross, Tap, Back, Kick/Sweep, Sailor, Cross, Tap, Back, Kick/Sweep, Sailor ¼ Turn R
交叉, 點, 後, 踢繞, 水手步, 交叉, 點, 後, 踢繞, 1/4轉水手**

1&2& Cross L Over R, Tap R toe Behind L Heel, Step Back on R, Kick L to Left Diag. 左足於右足前交叉踏, 右足趾於左足踵後點, 右足後踏, 左足斜角踢

- 3&4 Sweep and Cross L Behind R, Step R to Right Side, Step L to Left Side
左足繞至右足後交叉踏, 右足右踏, 左足左踏
- 5&6& Cross R Over L, Tap L toe Behind R Heel, Step Back on L, Kick R to Right Diag. 右足於左足前交叉踏, 左足趾於右足踵後點, 左足後踏, 右足右斜踢
- 7&8 Sweep and Cross R Behind Left, ¼ Turn Right Step L Next to R, Step Fwd on R (3:00)
右足繞至左足後交叉踏, 右轉90度左足併踏, 右足前踏(面向3點鐘)

第二段 Lock Step Fwd, Mambo, Sweep, Behind-Side-Step, Paddle ¼ Turn L x2
前鎖步, 前曼波帶繞, 後旁前, 左轉1/4划槳步二次

- 1&2 Step Fwd on L, Lock R Behind L, Step Fwd on L
左足前踏, 右足於左足後鎖踏, 左足前踏
- 3&4 Rock Fwd on R, Recover on L, Step Back on R Sweeping L from front to back 右足前下沉, 左足回復, 右足後踏
左足由前繞至後
- 5&6 Cross L Behind R, Step R to Right Side, Step Fwd on L
左足於右足後交叉踏, 右足右踏, 左足前踏
- 7&8& Turn ¼ Left on ball of L, Point R to Right Side, Repeat (9:00)
左轉90度重心在左足, 右足右點, 重覆一次(面向9點鐘)

第三段 Kick, Cross, Side Rock, Kick, Cross, Side Rock, Cross, ¼ Turn R, Chasse R 踢, 交叉, 左下沉 回復, 踢, 交叉, 右下沉 回復, 交叉, 1/4, 右追步

- 1&2& Kick R Fwd, Cross R Over L, Rock L to Left Side, Recover on R
右足前踢, 右足於左足前交叉踏, 左足左下沉, 右足回復
- 3&4& Kick L Fwd, Cross L Over R, Rock R to Right Side, Recover on L
左足前踢, 左足於右足前交叉踏, 右足右下沉, 左足回復
- 5-6 Cross R Over L, ¼ Turn R Step Back on L (12:00)
右足於左足前交叉踏, 右轉90度左足後踏(面向12點鐘)
- 7&8 Step R to Right Side, Step L Next to R, Step R to Right Side
右足右踏, 左足併踏, 右足右踏

第四段 Kick & Kick &, Cross Rock, ¼ Turn L, Pivot ½ Turn L, Triple Full Turn L 踢 併 踢 併, 交叉下沉 回復, 1/4, 踏 轉, 小三步轉圈

- 1&2& Kick L to Right Diag., Step L Next to R, Kick R to Left Diag., Step R Next to L 左足向右斜前踢, 左足併踏, 右足向左斜前踢, 右足併踏
- 3&4 Cross Rock L Over R, Recover on R, ¼ Turn Left Step Fwd on L (9:00)
左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏(面向9點鐘)
- 5-6 Step Fwd on R, Pivot ½ Turn Left (3:00)
右足前踏, 左軸轉180度(面向3點鐘)
- 7&8 ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L, Step Fwd on R (3:00) 左轉180度右足後踏, 左轉180度左足前踏, 右足前踏(面向3點鐘)
Easy option counts 7&8: R Shuffle Fwd 簡易版: 前交換

第五段 Rock Fwd, Back-Hitch, Back-Touch, Back-Hitch, Toe Struts, Side Rock ¼ Turn, Step
下沉 回復, 後抬, 後點, 後抬, 趾踵, 側下沉 1/4回復, 踏

- 1&2& Rock Fwd on L, Recover on R, Step Back on L to Left Diag., Hitch R
左足前下沉, 右足回復, 左足左斜角後踏, 右足抬
- 3&4& Step R Back to Right Diag., Touch L Next to R, Step L Back to Left Diag., Hitch R 右足右斜角後踏, 左足併點, 左足左斜角後踏, 右足抬
- 5&6& Step on R Toe to Right Side, Drop R Heel, Cross L Toe Over R, Drop L Heel 右足趾右踏, 右足踵踏, 左足趾於右足前交叉踏, 左足踵踏
- 7&8 Rock R to Right Side, ¼ Turn Left Recover on L, Step Fwd on R (12:00)
右足右下沉, 左轉90度左足回復, 右足前踏(面向12點鐘)

第六段 Pivot ½ Turn R, Step, Lock Step Fwd, Step Pivot ¼ Turn R, Side-Together-Fwd 踏 轉 踏, 前鎖步, 踏 轉1/4 交叉, 右 併 前

- 1&2 Step Fwd on L, Pivot ½ Turn Right, Step Fwd on L (6:00)
左足前踏, 右軸轉180度, 左足前踏(面向6點鐘)
- 3&4 Step Fwd on R, Lock L Behind R, Step Fwd on R
右足前踏, 左足於右足後鎖踏, 右足前踏

5&6 Step Fwd on L, Pivot $\frac{1}{4}$ Turn R, Cross L Over R (9:00)
左足前踏, 右軸轉90度, 左足於右足前交叉踏(面向9點鐘)

7&8 Step R to Right Side, Step L Next to R, Step Fwd on R
右足右踏, 左足併踏, 右足前踏

ENDING: After last Part B dance the following counts
在B部份, 加下面4拍結束

1-2 Step Fwd on L, Hold 左足前踏, 候

3-4 Bounce Heels twice turning $\frac{1}{4}$ Right to end facing front wall
雙足踵彈踏二次右轉90度面向前面牆結束
