

Aphrodite (愛神) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dee Musk (UK) - 2010年07月
音樂: Aphrodite - Kylie Minogue : (CD: Aphrodite)



前奏 : 64 Count Intro. Approx 42 seconds. Track approx 3 mins 49 secs

- 第一段 Forward Rock Recover, Full Triple Turn Cross, Side Rock, Behind Side Cross. 下沉 回復, 三步轉圈交叉, 左下沉 回復, 後 旁 前交叉**
- 1,2 Rock forward on R, recover weight to L.
右足前下沉, 左足回復
- 3&4 Making a full triple turn R, step R, L, cross step R over L. (Optional R Coaster Cross). 三步右轉圈-右, 左, 右足於左足交叉踏
(簡易版-海岸交叉)
- 5,6 Rock L out to L side, recover weight to R.
左足左下沉, 右足回復
- 7&8 Cross step L behind R, step R to R side, cross step L over R. (12 o'clock).
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向12點鐘)
- 第二段 Side Rock, Sailor ½ Turn Cross R, Side Rock, Behind Side Cross. 右下沉 回復, 轉水手交叉, 左下沉 回復, 後 旁 前交叉**
- 1,2 Rock R out to R side, recover weight to L.
右足右下沉, 左足回復
- 3&4 Making a ½ turn R cross step R behind L, step L to L side, cross step R over L.
右轉180度右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5,6 Rock L out to L side, recover weight to R.
左足左下沉, 右足回復
- 7&8 Cross step L behind R, step R to R side, cross step L over R. (6 o'clock).
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向6點鐘)
- 第三段 R Side Rock Recover &, L Side Rock Recover &, R Forward Rock Recover &, L Forward Rock Recover &. 右下沉 回復 併, 左下沉 回復 併, 下沉 回復 併, 下沉 回復 併**
- 1,2& Rock R out to R side, recover weight to L, step R beside L.
右足右下沉, 左足回復, 右足併踏
- 3,4& Rock L out to L side, recover weight to R, step L beside R.
左足左下沉, 右足回復, 左足併踏
- 5,6& Rock forward on R, recover weight to L, step R beside L.
右足前下沉, 左足回復, 右足併踏
- 7,8& Rock forward on L, recover weight to R, step L beside R. (6 o'clock).
左足前下沉, 右足回復, 左足併踏(面向6點鐘)
- 第四段 Step ½ Pivot L, Shuffle Forward, Full Turn R, L Mambo Forward. 踏 轉, 前交換, 轉 轉, 前曼波**
- 1,2 Step forward on R, make a ½ turn L. 右足前踏, 左轉180度
- 3&4 Shuffle forward stepping R, L, R. 前交換-右, 左, 右
- 5,6 Make a ½ turn R stepping back on L, make another ½ turn R stepping forward on R. 右轉180度左足後踏, 右轉180度右足前踏
Easier option: walk forward L, R. 簡易版:左足前走, 右足前走
- 7&8 Rock forward on L, recover weight to R, step back on L. (12 o'clock).
左足前下沉, 右足回復, 左足後踏(面向12點鐘)

- 第五段** **¼ Turn R Cross, Rock & Cross, Side Cross, Rock & Cross.**
右1/4 交叉, 曼波交叉, 左 交叉, 曼波交叉
- 1,2 Making a ¼ turn R step R to R side, cross step L over R.
右轉90度右足右踏, 左足於右足前交叉踏
- 3&4 Rock R out to R side, recover weight to L, cross step R over L.
右足右下沉, 左足回復, 右足於左足前交叉踏
- 5,6 Step L to L side, cross step R over L.
左足左踏, 右足於左足前交叉踏
- 7&8 Rock L out to L side, recover weight to R, cross step L over R. (3 o'clock). 左足左下沉, 右足回復, 左足於右足前交叉踏
- * RESTART 1 DURING wall 2 – dance up to count 40 then begin again facing 6 0'clock wall.** 第二面牆跳至此時, 面向6點鐘, 從頭起跳

- 第六段** **Rolling Vine R With Touch, Chasse L, Cross Unwind ½ Turn L.**
轉華倫帶點, 左追步, 交叉左繞轉1/2
- 1-4 Make a ¼ turn R stepping forward on R, make a ½ turn R stepping back on L, make a ¼ turn R stepping R to R side, touch L beside R.
右轉90度右足前踏, 右轉180度左足後踏, 右轉90度右足右踏, 左足併點
- 5&6 Step L to L side, close R beside L, step L to L side.
左足左踏, 右足併踏, 左足左踏
- 7,8 Cross step R over L, unwind a ½ turn L (weight on R). (9 o'clock).
右足於左足前交叉踏, 左繞轉180度(重心在右足)(面向9點鐘)
- **RESTART 2 DURING wall 5 – dance up to count 48, add an "&" count to change weight over to L, then begin again facing 9 0'clock wall.**
第五面牆跳至此, 加一"&"拍重心至左足, 面向9點鐘, 從頭起跳

- 第七段** **L Back Rock Recover &, R Forward Rock Recover &, L Rock Forward &, R Rock Back Recover.**
後下沉 回復 併, 下沉 回復 併, 下沉 回復 併, 後下沉 回復
- 1,2& Rock back on L, recover weight to R, step L beside R.
左足後下沉, 右足回復, 左足併踏
- 3,4& Rock forward on R, recover weight to L, step R beside L.
右足前下沉, 左足回復, 右足併踏
- 5,6& Rock forward on L, recover weight to R, step L beside R.
左足前下沉, 右足回復, 左足併踏
- 7,8 Rock back on R, recover weight to L. (9 o'clock)
右足後下沉, 左足回復(面向9點鐘)

- 第八段** **R Shuffle Forward, Step ½ Pivot Turn R, L Shuffle Forward, L Full Turn.**
前交換, 踏 轉, 前交換, 轉 轉
- 1&2 Shuffle forward stepping R, step L beside R, step forward R.
(前交換)右足前踏, 左足併踏, 右足前踏
- 3,4 Step forward on L, make a ½ turn R (weight forward on R).
左足前踏, 右轉180度(重心在右足)
- 5&6 Shuffle forward stepping L, step R beside L, step forward on L.
(前交換)左足前踏, 右足併踏, 左足前踏
- 7,8 Make a ½ turn L stepping back on R, make another ½ turn L stepping forward on L. (3 o'clock).
左轉180度右足後踏, 左轉180度左足前踏(面向3點鐘)
Easier option: walk forward R, L. 簡易版: 右足前走, 左足前走
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