

Missouri Swings (愛的渴望) (zh)

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Michele Perron (CAN) - 2010年07月
音樂: Kansas City - Brenda Lee : (CD: Anthology: 1956-1980, 2 Disc Set)



前奏: Introduction: 16 Counts 16拍後起跳

第一段 Back, Back, Back-&Forward, Across, Touch, Turn, Touch
後 後, 後下沉 回復 踏, 交叉 左點, 左1/4交叉 右點

1,2 LEFT Step back; RIGHT Step back & behind L
左足後踏, 右足於左足後踏

3&4 LEFT Rock/Step back, RIGHT Recover/Step forward, LEFT Step forward,
左足後下沉, 右足回復, 左足前踏

5,6 RIGHT Step across front of L; LEFT Toe/Touch side L
右足於左足前交叉踏, 左足趾左點

7,8 LEFT Step across front of R with 1/4 Turn L; RIGHT Toe/Touch side R (9 o'clock) 左轉90度左足於右足前交叉踏, 右足趾右點(面向9點鐘)

第二段 Rock/Forward, Recover/Back, &-Touch-Slide/Step, Forward, Forward &-Touch-Slide/Across
下沉, 1/4回復 1/4踏 1/4左點 拖併, 踏, 踏 併 左點 拖併交叉

1,2 RIGHT Rock/Step forward; LEFT Recover/Step back with 1/4 Turn R
右足前下沉, 右轉90度左足回復

& Turn 1/4 R with RIGHT Step forward 右轉90度右足前踏

3 Turn 1/4 R with LEFT Toe/Touch side L (bend R knee, side lunge position) (6 o'clock) 右轉90度左足趾左點(右足彎膝呈曲膝)(6點鐘)

4 LEFT Slide/Drag & Step beside R 左足拖併踏

5,6 RIGHT, LEFT Steps forward 右足前踏, 左足前踏

& RIGHT Step beside L 右足併踏

7 LEFT Toe/Touch side L (bend R knee, side lunge position)
左足趾左點(右足彎膝呈曲膝)

8 LEFT Slide/Drag & Step across front of R (face diagonal R)
左足拖併於右足前交叉踏(面向右斜角)

第三段 Forward/Rock, Recover/Back, Turn, Turn, Triple Turn, Forward-&Forward 下沉 回復, 轉 轉, 轉交換, 下沉 回復 踏

1,2 RIGHT Rock/Step forward; LEFT Recover/Step back 右足前下沉, 左足回復

3,4 Turn 1/2 R with RIGHT Step forward; Turn 1/2 R with LEFT Step back
右轉180度右足前踏, 右轉180度左足後踏

5&6 Turn 1/2 R with RIGHT Triple forward (R side, L together, R forward) (12 o'clock) 右180度轉交換(右足右踏, 左足併踏, 右足前踏)(12點鐘)

7&8 LEFT Rock/Step forward, RIGHT Recover/Step back. LEFT Step forward
左足前下沉, 右足回復, 左足前踏

(Counts 4-8 all face diagonal R) 4-8拍全面向右斜角

第四段 Rock/Forward, Recover/Back, &-Lock-Turn, Triple Turn, Side-&-Across
下沉, 回復 後 交叉, 左1/4後, 1/4轉交換, 1/4疊波交叉

1,2 RIGHT Rock/Step forward; LEFT Recover/Step back (facing diagonal R)
右足前下沉, 左足回復(面向右斜角)

&,3 RIGHT Step back, LEFT Step back & across front of R
右足後踏, 左足於右足前交叉踏

4 RIGHT Step back with 1/4 Turn L (9 o'clock)
左轉90度右足後踏(面向9點鐘)

5&6 Turn 1/4 L with LEFT Triple forward (L side, R beside, L forward) (6 o'clock) 左90度轉交換(左足左踏, 右足併踏, 左足前踏)(面向6點鐘)

7&8 Turn 1/4 L with RIGHT Rock/Step side R, LEFT Recover/Step side L (3 o'clock) RIGHT Step across front of L
左轉90度右足右下沉, 左足回復(面向3點鐘), 右足於左足前交叉踏

** RESTART facing 9 o'clock wall 面向9點鐘時, 跳至此, 從頭起跳

- 第五段 Sway, Sway, Triple Turn, Back/Rock, Recover/Forward, Triple Turn**
擺臀, 擺臀, 1/4轉交換, 後下沉 回復, 轉交換
- 1,2 LEFT Step side L with hip bump L; RIGHT Step side R with hip bump R
 左足左踏左推臀, 右足右踏右推臀
- 3&4 Turn 1/4 R with LEFT Triple back (L back, R across front of L, L back) (6 o'clock)
 右90度轉交換(左足後踏, 右足於左足前交叉踏, 左足後踏)(面向6點鐘)
- 5,6 RIGHT Rock/Step back; LEFT Recover/Step forward
 右足後下沉, 左足回復
- 7&8 RIGHT Triple with 1/2 Turn L (R side, L across front of R, R back) (12 o'clock)
 左180度轉交換(右足右踏, 左足於右足前交叉踏, 右足後踏)(面向12點鐘)

- 第六段 Turn, Forward, Forward-Together-Back, Back, Turn, Turn, Touch**
轉, 踏, 海岸步, 270轉水手 併點
- 1,2 LEFT Step forward with 1/2 Turn L; RIGHT Step forward (6 o'clock)
 左轉180度左足前踏, 右足前踏(面向6點鐘)
- 3&4 Left Step forward, Right Step beside L, Left Step back (Coaster)
 左足前踏, 右足併踏, 左足後踏(海岸步)
- 5,6 Turn 1/4 L with RIGHT Step crossed behind L; Turn 1/4 L with LEFT Step forward 左轉90度右足於左足後交叉踏, 左轉90度左足前踏
- 7,8 Turn 1/4 L with RIGHT Step side R; LEFT Slide/Drag & Touch beside R (9 o'clock) 左轉90度右足右踏, 左足拖併點(面向9點鐘)

BRIDGE: 16 Counts – Both OCCUR facing 6 o'clock wall

加拍：16拍, 總共二次都在面向6點鐘時

Side-Touch, Side-Touch, Turn-Touch-Hold: Repeat On R

左踏 併點, 右踏 併點, 1/4後 點 候, 右足重覆一遍

- &1&2 LEFT Step side L, RIGHT Toe/Touch beside L, RIGHT Step side R, LEFT Toe/Touch beside R
 左足左踏, 右足趾併點, 右足右踏, 左足趾併點
- &3&4 Turn 1/4 R with LEFT Step back, RIGHT Toe/Touch forward (R leg straight), HOLD 右轉90度左足後踏, 右足趾前點(右足伸直), 候
- &5&6 RIGHT Step side R with 1/4 Turn L, LEFT Toe/Touch beside L, LEFT Step side L, RIGHT Toe/Touch beside R
 左轉90度右足右踏, 左足趾併點, 左足左踏, 右足趾併點
- &7&8 Turn 1/4 L with RIGHT Step back; LEFT Toe/Touch forward (L leg straight), HOLD 左轉90度右足後踏, 左足趾前點(左足伸直), 候

&- Forward, Forward, Forward-Turn-Forward, 'Circle Walks' 3/4 R Turn 併走走, 踏轉踏, 走步轉3/4

- &1&2 LEFT Step beside R, RIGHT Step forward, LEFT Step forward
 左足併踏, 右足前踏, 左足前踏
- 3&4 RIGHT Step forward, LEFT Step forward with 1/2 Turn L, RIGHT Step forward 右足前踏, 左轉180度左足前踏, 右足前踏
- 5-8 LEFT, RIGHT, LEFT, RIGHT Walks forward to complete 3/4 Turn R (circle around) 四走步右轉270度-左, 右, 左, 右

ENDING: Turn 1/2 L on Count 7 of Sec.VI to end facing the front wall.

結束：第六段第7拍改左轉180度, 面向前面牆結束