

Mi Rowsu (心中花園) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: DJ Alex (NL), Pim van Grootel (NL), Daniel Trepát (NL), Roy Verdonk (NL), José Miguel Belloque Vane (NL) & Raymond Sarlemijn (NL) - 2009年08月
音樂: Mi Rowsu - Damaru & Jan Smit



前奏: Intro: 32 counts 32拍起跳

第一段 Walks Fwd, Rockstep, Step, Step, ¼ Turn Right, Cross 前走步, 下沉回復, 踏, 踏, 右1/4, 交叉

- 1 RF Small step fwd 右足前踏
- & LF Small step fwd 左足前踏
- 2 RF Small step fwd 右足前踏
- 3 LF Small step fwd 左足前踏
- & RF Small step fwd 右足前踏
- 4 LF Small step fwd 左足前踏
- 5 RF Rock fwd 右足前下沉
- & LF Recover weight on LF 左足回復重心在左足
- 6 RF Step back 右足後踏
- 7 LF Step back 左足後踏
- & RF ¼ turn right, stepping to right side 右轉90度右足右踏
- 8 LF Cross over RF 左足於右足前交叉踏

第二段 Side Rock, Cross, ½ Turn Right, Cross, Side, Together, Fwd, Side, Together, Fwd. 側下沉, 交叉, 右1/2, 交叉, 側, 併, 前, 側, 併, 踏

- 1 RF Rock to right side 右足右下沉
- & LF Recover weight on LF 左足回復重心在左足
- 2 RF Cross over LF 右足於左足前交叉踏
- 3 LF ¼ turn right, stepping back 右轉90度左足後踏
- & RF ¼ turn right, stepping to right side 右轉90度右足右踏
- 4 LF Cross over RF 左足於右足前交叉踏
- 5 RF Step to right side 右足右踏
- & LF Step together 左足併踏
- 6 RF Step fwd 右足前踏
- 7 LF Step to left side 左足左踏
- & RF Step together 右足併踏
- 8 LF Step fwd 左足前踏

第三段 Paddle ½ Turn Left, Shuffle Fwd, Paddle ½ Turn Right, Hiproll 左1/2划槳步, 前交換, 右1/2划槳步, 轉臀

- & RF ¼ turn left, lift R.knee 左轉90度右膝抬
- 1 RF Touch to right side 右足右點
- & RF ¼ turn left, lift R.knee 左轉90度右膝抬
- 2 RF Touch to right side 右足點
- 3 RF Step fwd 右足前踏
- & LF Step together 左足併踏
- 4 RF Step fwd 右足前踏

- & LF ¼ turn right, lift L.knee 右轉90度左膝抬
- 5 LF Touch to left side 左足左點
- & LF ¼ turn right, lift L.knee 右轉90度左膝抬
- 6 LF Touch to left side 左足左點
- & LF Step together 左足併踏
- 7 Roll hips counter clockwise, hold hands together above your head
順時針轉臀, 雙手合併放在頭上
- 8 Roll hips counter clockwise, hold hands together above your head
順時針轉臀, 雙手合併放在頭上

第四段 Side, Together, Side, Heel, Side, Together, Side, Heel, Side, Touch, ¼ Turn Left, Touch, ¼ Turn Left, Touch, Side, Touch
側, 併, 側, 踵, 側, 併, 側, 踵, 側, 點, 左1/4, 點, 左1/4, 點, 側, 點

- 1 RF Step to right side 右足右踏
- & LF Step together 左足併踏
- 2 RF Step to right side 右足右踏
- & LF Heel diagonally left fwd 左足踵斜前點
- 3 LF Step to left side 左足左踏
- & RF Step together 右足併踏
- 4 LF Step to left side 左足左踏
- & RF Heel diagonally right fwd 右足踵斜前點
- 5 RF Step to right side 右足右踏
- & LF Touch next to RF 左足併點
- 6 LF ¼ turn left, stepping to left side 左轉90度左足左踏
- & RF Touch next to LF 右足併點
- 7 RF ¼ turn left, stepping to right side 左轉90度右足右踏
- & LF Touch next to RF 左足併點
- 8 LF Step to left side 左足左踏
- & RF Touch next to LF 右足併點

TAG: AFTER the 6th wall add the next 2 counts

加拍：第六面牆加2拍轉臀

- 1 Roll hips counter clockwise, hold hands together above your head
順時針轉臀, 雙手合併放在頭上
 - 2 Roll hips counter clockwise, hold hands together above your head
順時針轉臀, 雙手合併放在頭上
-