

I'm Your Angel (你的天使) (zh)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Emily Drinkall (USA) - 2009年03月
音樂: I'm Your Angel (with Céline Dion) - R. Kelly : (CD: These Are Special Times)



前奏 : Start dancing on lyrics 唱歌起跳

第一段 Basic Left, ½ Turn, Side Cross, Sweep, Cross Side ½ Turn, Sways 基本步, 90 90 交叉, 繞 交叉 90, 90 擺臀 擺臀

- 1-2& Step left to side, step right together, cross left over right
左足左踏, 右足併踏, 左足於右足交叉踏
- 3-4& Turn ¼ left and step right back (9:00), turn ¼ left and step left to side (6:00), cross right over left
左轉90度右足後踏(面向9點鐘), 左轉90度左足左踏(面向6點鐘), 右足於左足前交叉踏
- 5-6& Sweep left from back to front, cross left over right, turn ¼ left and step right back (9:00)
左足由後繞至前, 左足於右足前交叉踏, 左轉90度右足後踏(9點鐘)
- 7-8& Turn ¼ left and step left to side (12:00), sway right, sway left
左轉90度左足左踏(12點鐘), 右擺臀, 左擺臀

第二段 Side, Check, ½ Turn Step, Full Turn, Basic Left 側, 交叉 回復 側踏 交叉, 轉, 踏 轉 轉, 基本步

- 1-2& Step right to side, cross/rock left over right, recover to right
右足右踏, 左足於右足前交叉下沉, 右足回復
- 3-4& Step left to side, cross right over left (toward 10:30), turn ½ left (weight to left, facing 4:30)
左足左踏, 右足於左足前交叉踏(面向10:30), 左轉180度(重心在左足, 面向4:30)
- 5-6& Step right forward, turn ½ right and step left back (facing 10:30), turn ½ right and step right forward (4:30)
右足前踏, 右轉180度左足後踏(面向10:30), 右轉180度右足前踏(4:30)
- 7-8& Turn 1/8 right and step left to side (facing 6:00), step right together, cross left over right
右轉45度左足左踏(面向6點鐘), 右足併踏, 左足於右足前交叉踏

第三段 Ronde, Rock Back, Recover, Side, Diagonal Fallway, Left Basic 轉圈, 後下沉 回復, 側 後 後, 90 前 前, 基本步

- 1-2& Turn a full turn left and step right forward (sweep left front to back), small rock left back, recover to right
左轉圈右足前踏(左足由前繞至後), 左足後下沉, 右足回復
- 3-4& Turn 1/8 right and step left to side (facing 1:30), step right back, sep left back 右轉45度左足左踏(面向1:30), 右足後踏, 左足後踏
- 5-6& Turn ¼ right and step right to side (facing 3:00), turn 1/8 right and step left forward (4:30), step right forward
右轉90度右足右踏(面向3點鐘), 右轉45度左足前踏(4:30), 右足前踏
- 7-8& Turn 1/8 right and step left to side (9:00), step right together, cross left over right
右轉45度左足左踏(面向9點鐘), 右足併踏, 左足於右足前交叉踏

第四段 Lunge, Recover, Curve, Shape Left, Shape Right, Full Turn Left 曲膝踏, 回復, 曲線轉, 左擺臀, 右擺臀, 90 180 80

- 1-2-3 Point right to side (bend left knee angling body to 4:30), continue to bend knee, straighten knee
右足右點(左膝彎身體轉向4:30), 彎膝, 站直
- 4&5 Step right forward curving right, step left forward curving right, step right forward, curving right, completing ¼ turn (9:00)
右足右轉踏, 左足左轉踏, 右足右轉90度(面向9點鐘)

- 6-7 Step left to side (sway left), step right to side (sway right)
左足左踏左擺臀, 右足右踏右擺臀
- 8&1 Turn $\frac{1}{4}$ left and step left forward (6:00), turn $\frac{1}{2}$ left and step right back (facing 12:00), turn $\frac{1}{4}$ left and step left to side (facing 9:00) (count 1 of dance)
左轉90度左足前踏(面向6點鐘), 左轉180度右足後踏(面向12點鐘), 左轉90度左足左踏(面向9點鐘)接續第1拍
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