

I Won't Cry (我不哭) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Cato Larsen (NOR) - 2009年04月
音樂: I Won't Cry - Elin Lanto : (CD: One 05)



前奏 : Intro: Start at vocals after 8 counts (6 seconds).

第一段 Mambo Step Forward, Mambo Step Back, Step, 1/2 Turn, Step, 1/4 Turn. 前曼波, 後曼波, 踏轉, 踏 1/4

- 1&2 Step forward on right (1), Rock (recover) back onto left (&), Step right next to left (2). [12:00] 右足前下沉, 左足回復, 右足併踏
- 3&4 Step back on left (3), Rock (recover) forward onto right (&), Step left next to right (4). 左足後下沉, 右足回復, 左足併踏
- 5,6 Step forward right (5), Pivot ½ turn left (6). [6:00]
右足前踏, 左軸轉180度(面向6點鐘)
- 7,8 Step forward right (7), Pivot ¼ turn left (8). [3:00]
右足前踏, 左軸轉90度(面向3點鐘)

第二段 Cross Rock, Side, Cross Rock, Side, Rolling Vine Right. 交叉曼波, 交叉曼波, 右轉華倫點

- 1& Step right across of left (1), Rock (recover) back again onto left (&). 右足於左足前交叉下沉, 左足回復
- 2 Step right to right side (2). 右足右踏
- 3& Step left across of right (3), Rock (recover) back again onto right (&). 左足於右足前交叉下沉, 右足回復
- 4 Step left to left side (4). 左足左踏
- 5 Pivot ¼ turn right Stepping forward on right (5). [6:00]
右軸轉90度右足前踏(面向6點鐘)
- 6 Pivot ½ turn right Stepping back on left (6). [9:00]
右軸轉180度左足後踏(面向9點鐘)
- 7,8 Pivot ¼ turn right Stepping right to the side right (7), Touch left toe next to right (8). [3:00] 右軸轉90度右足右踏, 左足併點(面向3點鐘)

第三段 1/4 Turn, Step, 3/4 Turn, Side Shuffle, Out, Out, Cross Rock, 1/4 Turn. 1/4, 踏 3/4, 左追步, 大大, 交叉下沉 回復 1/4

- 1& Step left ¼ turn left (1), Step forward on right in a 5th position (&). [12:00] 左轉90度左足踏, 右足前踏(面向12點鐘)
- 2 Pivot ¾ turn left on ball of right foot (almost unwind) (2). [3:00]
左繞轉270度右足踏(面向3點鐘)
- 3&4 Step left to left side (3), Step right next to left (&), Step left to left side (4). 左足左踏, 右足併踏, 左足左踏
- 4 Step right slightly right by rolling knee clockwise (5).
右足順時針轉膝略右踏
- 5,6 Step left slightly left by rolling knee counter clockwise (6).
左足逆時針轉膝略左踏
- 7 Step right across of left (7), Rock (recover) back again onto left (&). 右足於左足前交叉下沉, 左足後回復
- 8 Pivot ¼ turn right Stepping forward on right (8). [6:00]
右軸轉90度右足前踏(面向6點鐘)

- 第四段 Step, 1/2 Turn, Contra 1/2 Turn, ¼ Turn Sweep Into Weave, 1/4 Pivot Turn, 1/2 Pivot Turn. 踏轉, 反轉, 1/4繞, 後旁前, 反轉1/4, 1/2**
- 1,2 Step forward on left (1), Pivot ½ turn right (weight on right) (2). [12:00] 左足前踏, 右軸轉180度(重心在右足)
- 3 Keep weight on right and Pivot ½ turn left and start Sweeping left foot out (3). [6:00] 重心仍在右足左軸轉180度左足繞至後(面向6點鐘)
- 4 Pivot another ¼ turn left and complete left Sweep (4). [3:00] 左軸轉90度左足繞至後(面向3點鐘)
- 5&6 Step left behind right (5), Step right to right side (&), Step left across of right (6). 左足於右足後踏, 右足右踏, 左足於右足前交叉踏
- 7 Pivot ¼ turn left Stepping back on right (7). [12:00] 左軸轉90度右足後踏(面向12點鐘)
- 8 Pivot ½ turn left Stepping forward on left (8). [6:00] 左軸轉180度左足前踏(面向6點鐘)
-