

Carousel (旋轉木馬) (zh)

COPPER KNOB
STEPSHETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Wil Bos (NL) & Roy Verdonk (NL) - 2010年10月
音樂: Carousel - Ilse DeLange : (CD: Next To Me)



前奏 : Intro: 16 Counts 16拍後起跳

- 第一段** **Step R, 1/8 Turn Left, Cross Behind, 1/4 Turn R, 1/4 Turn R, Cross Behind, 1/4 Turn L. Step Forward R, Pivot L.**
1/4右 後交叉, 1/4 1/4, 後交叉 1/4, 踏 轉
- 1-2 1/8 turn left step right to right diagonal, Cross left behind right (step towards 01:30) 左轉45度右足右斜角踏, 左足於右足後交叉踏(面向1:30)
- 3-4 1/4 turn right step right forward, 1/4 turn right step left to left side
右轉90度右足前踏, 右轉90度左足左踏
- 5-6 Cross right behind left, 1/4 turn left step left forward
右足於左足後交叉踏, 左轉90度左足前踏
- 7-8 Step right forward, 1/2 turn left (07:30)
右足前踏, 左轉180度(面向7:30)
- 第二段** **Step R, Hold, 1/2 Turn R. (x2), Left Toe Strut, Right Toe Strut.**
踏 候, 轉 轉, 趾 踵, 趾 踵
- 1-2 Step right forward, Hold 右足前踏, 候
- 3-4 1/2 turn right step back on left, 1/2 turn right step right forward
右轉180度左足後踏, 右轉180度右足前踏
- 5-6 Touch left toes forward, Drop left heel
左足趾前點, 左足踵踏
- 7-8 Touch right toes forward, Drop right heel
右足趾前點, 右足踵踏
- 第三段** **1/4 Turn R, Cross Behind, 1/4 Turn L, 1/4 Turn L, Cross Behind, 1/4 Turn R, Step Forward L, Pivot R.**
1/4 後交叉, 1/4 1/4, 後交叉 1/4, 踏 轉
- 1-2 1/4 turn right step left to left side, Cross right behind left
右轉90度左足左踏, 右足於左足後交叉踏
- 3-4 1/4 turn left step left forward, 1/4 turn left step right to right side
左轉90度左足前踏, 左轉90度右足右踏
- 5-6 Cross left behind right, 1/4 turn right step right forward
左足於右足後交叉踏, 右轉90度右足前踏
- 7-8 Step left forward, 1/2 turn right (01:30)
左足前踏, 右轉180度(面向1:30)
- 第四段** **Step L, Hold, 1/2 Turn Left (x2), Right Toe Strut, Left Toe Strut.**
踏 候, 轉 轉, 趾 踵, 趾 踵
- 1-2 Step left forward, Hold 左足前踏, 候
- 3-4 1/2 turn left step back on right, 1/2 turn left step left forward
左轉180度右足後踏, 左轉180度左足前踏
- 5-6 Touch right toes forward, Drop right heel
右足趾前點, 右足踵踏
- 7-8 Touch left toes forward, Drop left heel
左足趾前點, 左足踵踏

第五段 Step Forward R. Diagonal, Touch L, Step L, Touch R, Step back R. Diagonal, Touch L, Step L, Touch R.

斜前踏 併點, 左踏 併點, 斜後踏 併點, 左踏 併點

1-2 Step right forward to right diagonal, Touch left next to right & Clap
右足右斜角前踏, 左足併點(拍手)

3-4 Step left to left side, Touch right next to left & Clap (12:00)
左足左踏, 右足併點(拍手)(面向12點鐘)

5-6 Step right back to right diagonal., Touch left next to right & Clap
右足右斜角後踏, 左足併點(拍手)

7-8 Step left to left side, Touch right next to left & Clap
左足左踏, 右足併點(拍手)

***** RESTART: Wall 3, restart the dance after count 40.**

第三面牆跳至此, 從頭起跳

第六段 Step R, Cross L. Behind, ¼ Turn Right, Step Forward, Pivot R, ¼ Turn Right, Cross R. Behind, ¼ Turn L.

右 交叉, 1/4 踏, 轉 1/4, 後 1/4

1-2 Step right to right side, Cross left behind right
右足右踏, 左足於右足後交叉踏

3-4 ¼ Turn right step right forward, Step left forward
右轉90度右足前踏, 左足前踏

5-6 ½ turn right, ¼ turn right step left to left side
右轉180度, 右轉90度左足左踏

7-8 Cross right behind left, ¼ turn left step left forward (09:00)
右足於左足後交叉踏, 左轉90度左足前踏(面向9點鐘)

第七段 Right Toe Strut, Rock, Recover, Step L. Back, ¼ Turn Right, Cross, Hold
趾 踵, 下沉 回復, 後 1/4, 交叉 候

1-2 Touch right toes forward, Drop right heel
右足趾前點, 右足踵踏

3-4 Rock left forward, Recover
左足前下沉, 右足回復

5-6 Step back on left, ¼ right step right to right side (12:00)
左足後踏, 右轉90度右足右踏

7-8 Cross left over right, Hold 左足於右足前交叉踏, 候

第八段 Side Rock, Recover, Cross, Hold, ¼ Turn right (x2), Step Forward, Hold
右下沉 回復, 交叉 候, 1/4 1/4, 踏 候

1-2 Rock right to right side, Recover 右足右下沉, 左足回復

3-4 Cross right over left, Hold 右足於左足前交叉踏, 候

5-6 ¼ turn right step back on left, ¼ turn right step right to right side (06:00) 右轉90度左足後踏, 右轉90度右足右踏(面向6點鐘)

7-8 Step left forward, Hold 左足前踏, 候
