

Circle Of Life (生生不息) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音樂: Circle of Life - Ronan Keating



- 第一段** **Rock Back, Recover, Full Turn Forward R, Step Lock Forward, Triple 1/2 Turn** 後下沉, 回復, 右轉圈, 前鎖步, 小三步轉1/2
- 1-2 Rock R behind L, recover weight to L 右足在左足後下沉, 左足回復
- 3-4 Turn 1/2 turn L as you step back on R, turn 1/2 turn L as you step forward on L (you will be traveling forward)
左後轉180度右足後踏, 左後轉180度左足前踏
- 5&6 Step lock forward R, L, R 前鎖步 (右、左、右)
- 7&8 Step forward on L, pivot 1/2 turn R on balls of both feet weight ending forward on R, step forward on L
左足前踏, 右後轉180度 (重心雙足), 左足前踏
- 第二段** **Cross Rock, Recover, 1/2 Turn R Triple Step, Cross Rock, Recover, Full Turn L Triple Step**
交叉下沉, 回復, 右小三步轉1/2, 交叉下沉, 回復, 左小三步轉圈
- 1-2 Cross rock R in front of L, recover weight back on L
右足在左足前下沉, 左足 (重心) 後回復
- 3&4 Make a 1/2 turn R as you triple in place R L, R,
右後轉小三步 (右、左、右)
- 5-6 Cross rock L in front of R, recover weight back on R
左足在右足前下沉, 右足 (重心) 後回復
- 7&8 Make a full turn L over L shoulder as you triple step L, R, L
小三步 (左、右、左) 左轉一圈
- 第三段** **Hitch, Step Side, Rock Behind, Recover; Step Side, Rock Behind, Recover, 3/4 Turn R, 1/2 Turn R Shuffle**
抬, 側踏, 後下沉, 回復, 側踏, 後下沉, 回復, 右轉3/4, 右1/2轉交換
- &1&2 Hitch hook R behind L, take a long step to R on R, drag L towards R and step down on L behind R, recover on R
右足勾起交叉於左足後, 右足右踏一大步, 左足拖至右足旁並於右足後踏下, 右足回復
- 3-4& Take a long step to L on L, drag R towards L and step down on R behind L, recover on L
左足左踏一大步, 右足拖至左足旁並於左足後踏下, 左足回復
- 5-6 Turn 1/4 R stepping forward on R, Turn 1/2 turn R stepping back on L (you will have made a 3/4 turn R)
右轉90度右足並向前踏一步, 右後轉180度左足後踏 (共轉270度)
- 7&8 Turn 1/2 R shuffling forward R, L, R
右後轉180度向前交換步 (右、左、右)
- 第四段** **Rock Forward, Recover, Step Lock Back, Touch Back, 1/2 Turn R Unwind, 1/2 Turn R Triple Back**
前下沉, 回復, 後鎖步, 後點, 右轉1/2, 右後小三步轉1/2
- 1-2 Rock L forward, recover back on R 左足前下沉, 右足回復
- 3&4 Step lock back L, R, L 後鎖步 (左、右、左)
- 5-6 Touch R back behind L, unwind 1/2 turn R (weight ending on R)
右足趾在左足後點, 右後轉180度 (結束時重心在右足)
- 7&8 While making 1/2 turn R, triple back L, R, L
右後轉180度向後作小三步 (左、右、左)

Ending: To end facing the front wall, you will dance Set 1 and counts 1-6 of Set 2 replacing counts 7&8 with a 1/2 turn to the Left as you triple left, right, left. Finish with a long step to the right on your right foot keeping your left toes pointing to left side as you slowly raise both arms from sides upward and then back down crossing over chest. Feel the music!

結束：面對12點，你將跳第一段及第二段1至6拍，7&8拍以左後小三步替代，右足向右一大步保持左足趾左點，雙手臂慢慢由兩側升起，然後越過胸部向後放下，感受音樂節奏。
