

Stay Another Day (多留一天) (zh)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
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音樂: Tu No Sabes - Selena : (CD: Through The Years)



前奏 : 32 Count intro 32拍後起跳

第一段 Step Forward. Forward Rock. Left Shuffle 1/2 Turn Left. Step. Pivot 1/4 Turn Left. Cross. 踏, 下沉 回復, 轉交換, 踏 轉1/4 交叉

- 1 Long Step forward on Right. 右足前一大步
2 – 3 Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復
4&5 Left shuffle back turning 1/2 turn Left stepping Left. Right. Left.
左180度轉交換-左, 右, 左
6 – 7 Step forward on Right. Pivot 1/4 turn Left. 右足前踏, 左軸轉90度
8 Cross step Right over Left. (Facing 3 o'clock)
右足於左足前交叉踏(面向3點鐘)

第二段 Side Step Left. Back Rock. Right Shuffle Forward. Step. Pivot 1/2 Turn Right. 1/4 Turn Side Step Left. 左踏, 後下沉 回復, 前交換, 踏 轉, 1/4

- 1 Long Step Left to Left side – Dragging Right towards Left.
左足左一大步, 右足拖併
2 – 3 Rock back on Right. Rock forward on Left. 右足後下沉, 左足回復
4&5 Right shuffle forward stepping Right. Left. Right.
前交換-右, 左, 右
6 – 7 Step forward on Left. Pivot 1/2 turn Right. 左足前踏, 右軸轉180度
8 Turn 1/4 turn Right stepping Left to Left side. (Facing 12 o'clock)
右轉90度左足左踏(面向12點鐘)

第三段 Behind. Side. Cross Rock. Chasse 1/4 Turn Right. Full Turn Right. 後 旁 前下沉 回復, 右追步轉, 轉 轉

- 1 – 2 Cross Right behind Left. Step Left to Left side.
右足於左足後交叉踏, 左足左踏
3 – 4 Cross rock Right over Left. Rock back on Left.
右足於左足前交叉下沉, 左足回復
5&6 Step Right to Right side. Close Left beside Right. Turn 1/4 turn Right stepping forward on Right.
右足右踏, 左足併踏, 右轉90度右足前踏
7 – 8 Turn 1/2 turn Right stepping back on Left. Turn 1/2 turn Right stepping forward on Right. 右轉180度左足後踏, 右轉180度右足前踏

Easier Counts 7 – 8 above...Walk forward on Left. Walk forward on Right.
Alternative: 7-8拍:左足前走, 右足前走
e:簡易版

第四段 Forward Rock. Left Shuffle Back. Sweep/Step Back (Right & Left). Back Rock. 下沉 回復, 後交換, 後繞踏-右, 左, 後下沉 回復

- 1 – 2 Rock forward on Left. Rock back on Right. (Facing 3 o'clock)
左足前下沉, 右足回復(面向3點鐘)
3&4 Left shuffle back stepping Left. Right. Left.
後交換-左, 右, 左

5 – 6 Sweep Right out and around from front to back. Sweep Left out and around from front to back. 右足由前繞至後踏, 左足由前繞至後踏

7 – 8 Rock back on Right. Rock forward on Left. 右足後下沉, 左足回復

Alternative: Counts 5 – 6 above... Full Turn Right (Travelling Back) stepping Right. Left. 5-6拍 : 右轉圈-右, 左(向後移)
選擇版
