

Spanish Fly (開心極了) (zh)

COPPER KNOB
STYLEDANCE

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Spanish Fly - Eric Benét



前奏 : After 32 Counts when the beat comes in...

第一段 Step, Press, Sweep, Sailor Step, Hold, Ball Step, Kick Back, Cross 踏, 壓, 繞1/4, 水手步, 候, 併踏, 踢後交叉

- 1-3 Step fwd on R, Press L foot forward, Recover back onto R sweeping L round ¼ turn L 右足前踏, 左足前壓踏, 右足回復左足繞左轉90度
- 4&5-6 Step L behind R, Step R small step to R side, Step L slightly fwd, Hold 左足於右足後踏, 右足略右踏, 左足略前踏, 候
- 8&7 Bring R up to L taking weight on ball of R foot, Step fwd on L 右足併踏, 左足前踏
- 8&1 Kick R foot fwd to R diagonal, Step back on R, Lock L over R (taking weight) 右足斜前踢, 右足後踏, 左足於右足前鎖踏

第二段 Walk, Walk, Mambo Step, Rock and Behind, Side, Cross and Cross 走, 走, 前曼波, 下沉 回復 後 旁, 交叉交換

- 2-3 Turn ½ R stepping fwd R, Turn ¼ R stepping fwd L 右轉180度右足前踏, 右轉90度左足前踏
- 4&5 Rock fwd on R, Recover weight back onto L, Step R foot next to L 右足前下沉, 左足回復, 右足併踏
- 6&7&8 Rock L out to L Side, Recover weight back onto R, Cross L behind R, Step R to R side 左足左下沉, 右足回復, 左足於右足後交叉踏, 右足右踏
- 8&1 Cross L over R, Step R to R side, Cross L over R 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第三段 Sailor Prep, Triple Full Turn, Press, Sweep, Behind, Side 轉水手, 三步轉, 壓, 繞, 後, 旁

- 2&3 Turn ¼ R stepping back on R, Step fwd on L, Turn ¼ R stepping fwd R (Prep to turn over L shoulder) 右轉90度右足後踏, 左足前踏, 右轉90度右足前踏(準備左轉)
- 4&5 Turn ½ L stepping fwd L, Make ½ turn L stepping R next to L, Step L small step fwd 左轉180度左足前踏, 左轉180度右足併踏, 左足略前踏
- 6-7 Press R foot fwd, Recover weight back onto L sweeping R around 右足前壓踏, 左足回復右足繞
- 8& Cross R behind L, Step L to L side 右足於左足後交叉踏, 左足左踏

第四段 Step Turn, Rock, Recover, Back Cross Unwind, Back Back, Step Lock 踏 轉, 下沉 回復, 後 交叉 繞轉, 後 後, 踏 鎖

- 1-2 Step fwd on R, Pivot ¾ turn L (taking weight on L) 右足前踏, 左軸轉270度(重心在左足)
- 3-4 Rock fwd onto R, Recover weight back onto L 右足前下沉, 左足回復
- 8&5-6 Step back on R, cross L over R, Unwind full turn R (weight ending on L) 右足後踏, 左足於右足前交叉踏, 右繞轉圈(重心在左足)
- 8&7-8& Step back on R, Step L next to R (taking weight), Step fwd on R, Lock L behind R 右足後踏, 左足併踏, 右足前踏, 左足於右足後鎖踏

TAG: END of Wall 9 (Facing 3 o'clock) 第九面牆面向3點鐘時加拍

Step, Press, Sweep, Behind, Side, Walk, Walk, Walk, Back Back
踏, 壓, 繞, 後, 旁, 走, 走, 走, 後, 後

- 1-3 Step fwd on R, Press L foot forward, Recover back onto R sweeping L round
右足前踏, 左足前壓踏, 右足後下沉左足繞
- 4& Cross L behind R, Step R to R side
左足於右足後交叉踏, 右足右踏
- 5-7 Make full turn over R shoulder walking L, R, L (end facing 3 o'clock)
右轉圈-左, 右, 左(面向3點鐘)
- &8 Step back on R, Step L next to R (taking weight)
右足後踏, 左足併踏
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