

Broken Hearts and Dreams (受傷的心 破碎的夢) (zh)

COPPER KNOB
STEPSHEETS

拍數: 24 牆數: 4 級數: Improver
編舞者: Amy Yang (TW) - 2016年01月
音樂: Qi Shi Ni Bu Tong Wo De Xin (其實你不懂我的心) - Angus Tung (童安格)



Intro : 54 counts. 1 Tag, 1 Restart/Tag.

Sec. 1: TWINKLE STEP (R&L)

1-2-3 Cross RF behind LF, Recover onto LF, Step RF to R
4-5-6 Cross LF behind RF, Recover onto RF, Step LF to L
1-2-3 右足交叉左足後, 重心回左足, 右足右踏
4-5-6 左足交叉右足後, 重心回右足, 左足左踏

Sec. 2: TWINKLE 1/ 2 TURN L, TWINKLE STEP

1-2-3 Cross RF behind LF, 1/4 turn L stepping forward on LF, 1/4 turn L stepping RF to R(06:00)
4-5-6 Cross LF behind RF, Recover onto RF, Step LF to L
1-2-3 右足交叉左足後, 左轉1/4 左足前踏, 左轉1/4 右足右踏 (06:00)
4-5-6 左足交叉右足後, 重心回右足, 左足左踏

Sec. 3: CROSS, RECOVER, SIDE (R&L)

1-2-3 Cross RF over LF, Recover onto LF, SteP RF to R
4-5-6 Cross LF over RF, Recover onto RF, Step LF to L *Restart/Tag on wall 4(facing 09:00)
1-2-3 右足交叉左足前, 重心回左足, 右足右踏
4-5-6 左足交叉右足前, 重心回右足, 左足左踏

Sec. 4: CROSS, 1/2 TURN R, FORWARD, FORWARD, PIVOT 1/2 TURN L

1-2-3 Cross RF over LF, 1/4 turn R step on LF, 1/4 turn R stepping forward on RF (12:00)
4-5-6 Step LF forward, Step RF forward, Pivot 1 / 4 turn L step on LF (09:00)
1-2-3 右足交叉左足前, 右轉1/4 左足踏, 右轉1/4 右足前踏
4-5-6 左足前踏, 右足前踏, 左轉1/4左足踏重心

Start again.

Restart/Tag : During wall 4, after 18 counts, add 3 counts tag 1(facing 09:00) then restart
重新開始/加拍1 : 第四牆跳到第十八拍後, 加跳三拍(面向09:00)然後重新開始

Tag : After wall 7, add 6 counts tag 2 (facing 03:00)

加拍: 第七牆結束後加跳六拍(面向03:00)

Tag 1 : (3counts)

CROSS, 1/4 TURN R, TOUCH

1 - 3 Cross RF over LF, 1/4 turn L step back on LF, Touch RF beside LF
1 - 3 右足交叉左足前, 右轉 1/ 4左足後踏, 右足點收於左足旁

Tag 2 : (6counts)

TWINKLE STEP (R&L)

1-2-3 Cross RF behind LF, Recover onto LF, Step RF to R
4-5-6 Cross LF behind RF, Recover onto RF, Step LF to L
1-2-3 右足交叉左足後, 重心回左足, 右足右踏
4-5-6 左足交叉右足後, 重心回右足, 左足左踏

Ending: During Wall 10, after 18 counts, then 1/4 turn L (facing 12:00) to end.
在第10面牆,跳到了十八拍後, 然後左轉1/4 (12:00) 結束.

