

Sweet Dreams, Beautiful Nightmare (甜美惡夢) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Steven Ooi - 2009年12月
音樂: Sweet Dreams - Beyoncé



- 第一段** **Heel, Touch, Together, Behind, Step, Drag & Touch, Rock & Cross Unwind** 踵, 點, 併, 後, 踏, 拖併點, 下沉回復 併交叉繞轉
- 1&2 Touch left heel forward, step left together, touch right toe behind
左足踵前點, 左足併踏, 右足趾後點
- 3-4 Big step to R, Drag L into a touch next to R.
左足左一大步, 左足拖併點
- 5-6 Rock back with left, recover to right 左足後下沉, 右足回復
- &7-8 Step left together, cross right over left, unwind ½ turn (6.00)
左足併踏, 右足於左足前交叉踏, 繞轉180度(面向6點鐘)
- 第二段** **Step, Touch, Side, Touch, Turn, Touch, & Walk Walk.**
踏, 點, 側, 點, 轉, 點, 併走走
- 1-2 Step left diagonally forward left, Touch right beside left.
左足左斜角前踏, 右足併踏
- 3-4 Step right to right side, Touch left beside right.
右足右踏, 左足併踏
- 5-6 ¼ turn left step left to left side, Touch right beside left.
左轉90度左足左踏, 右足併點
- &78 Step right beside left, Walk forward left, Walk forward right (3.00)
右足併踏, 左足前走, 右足前走(面向3點鐘)
- 第三段** **Together. Touch. Touch out. Drag. Step point. ¼ point. Back. Back.**
併, 點, 側點, 拖, 踏點, 拖, 踏點, 1/4點, 後後
- 1-3 Step left beside right. Touch right beside left. Touch right to right side. 左足併踏, 右足併點, 右足右點
- 4&5 Drag right up to left. Step right beside left. Touch left to left side. 右足拖併, 右足併踏, 左足左點
- 6 Make ¼ left keeping weight on right & left toes touched forward.
左轉90度重心在右足左足趾前點
- 7-8 Walk back left. Walk back right (12.00)
左足後走, 右足後走(面向12點鐘)
- 第四段** **Sailor ½ left. Step. Lock. Step. step. Sailor ¼ right.**
轉水手, 踏鎖踏, 踏, 1/4轉水手
- 1&2 Sailor ½ turn left. 左180度轉水手
- 3-6 Step right slightly to right diagonal. Lock left behind right. Step right slightly to right diagonal. Step left slightly to left diagonal
右足略右斜角前踏, 左足於右足後鎖踏, 右足略右斜角前踏, 左足略左斜角前踏
- 7&8 Cross step right behind left making ¼ right. Step left to left. Make a large step to right. (9.00)
右足於左足後踏, 右轉90度左足左踏, 右足右一大步(面向9點鐘)

第五段 L Back Rock, L Chasse, R Back Rock, R Kick & Point.
左後下沉, 左追步, 右後下沉, 右踢併點

- 1-2 Rock left behind right, Recover onto right.
左足於右足後下沉, 右足回復
- 3&4 Step left to left side, Close right beside left, Step left to left side. 左足左踏, 右足併踏, 左足左踏
- 5-6 Rock right behind left, Recover onto left.
右足於左足後下沉, 左足回復
- 7&8 Kick right forward, Step right beside left, Point left to left side (9.00) 右足前踢, 右足併踏, 左足左點(面向9點鐘)

第六段 Step, Cross, Side, Behind-Side-Cross, Side, Behind-Side-Cross
踏, 交叉, 側, 後-旁-交叉, 側, 後-旁-交叉

- 1&2 Step L forward, turn $\frac{1}{4}$ right step onto R, step L over R
左足前踏, 右轉90度右足踏, 左足於右足前交叉踏
- 3 Step R to right side 右足右踏
- 4&5 Step L behind R, step R to right side, step L over R
左足於右足後踏, 右足右踏, 左足於右足前交叉踏
- 6 Step R to right side 右足右踏
- 7&8 Step L behind R, step R to right side, step L over R (12.00)
左足於右足後踏, 右足右踏, 左足於右足前交叉踏(面向12點鐘)

第七段 R Dorothy, L Dorothy, Pivot $\frac{1}{2}$ L, Pivot $\frac{1}{4}$ L
右桃樂蒂, 左桃樂蒂, 踏轉, 踏 1/4

- 1-2& Step R forward diagonally, lock L behind R, step R forward diagonally
右足於右斜角前踏, 左足於右足後鎖踏, 右足於右斜角前踏
- 3-4& Step L forward diagonally, lock R behind L, step L forward diagonally
左足於左斜角前踏, 右足於左足後鎖踏, 左足於左斜角前踏
- 5-6 Step R forward, pivot $\frac{1}{2}$ L 右足前踏, 左軸轉180度
- 7-8 Step R forward, pivot $\frac{1}{4}$ L (3.00) 右足前踏, 左軸轉90度(面向3點鐘)

第八段 Kick & Point, & Cross, Side, Behind, $\frac{1}{4}$ L, Pivot $\frac{1}{4}$ L, Cross
踢併點, 併交叉, 側, 後, 左1/4, 踏 1/4, 交叉

- 1&2& Kick R forward, step R beside L, point L to L, step L beside R
右足前踢, 右足併踏, 左足左點, 左足併踏
- 3-4 Cross R over L, step L to L 右足於左足前交叉踏, 左足左踏
- 5-6 Step R behind L, make $\frac{1}{4}$ turn L step L forward
右足於左足後踏, 左轉90度左足前踏
- 7&8 Step R forward, pivot $\frac{1}{4}$ L, cross R forward L (9.00)
右足前踏, 左軸轉90度, 右足於左足前交叉踏(面向9點鐘)
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