

Seasons In The Sun (陽光季節) (zh)

COPPER KNOB
BY STEPHEN METZ

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Cato Larsen (NOR) - 2010年07月
音樂: Seasons In the Sun - Terry Jacks



前奏: Intro: Start the dance on the word "Friend" in the intro. (8 seconds).

Part A: The main dance. A部份

- 第一段 Left Mambo Step Forward, Right Mambo Step Back, Side Rock & Cross, 1/4 Monterey Turn. 前曼波, 後曼波, 左下沉 回復 交叉, 右點 右1/4**
- 1&2 Step forward on left (1), Rock (recover) weight back again onto right (&), Step back on left (2). [12:00]
左足前踏, 右足回復, 左足後踏(面向12點鐘)
- 3&4 Step back on right (3), Rock (recover) weight forward again onto left (&), Step forward on right (4). 右足後踏, 左足回復, 右足前踏
- 5& Step left to left side (5), Rock (recover) weight back again onto right (&). 左足左踏, 右足回復
- 6 Cross left over right (6). 左足於右足前交叉踏
- 7,8 Point right toe to right side (7), Pivot ¼ turn right Stepping left next to right (8). [3:00] 右足趾右點, 右軸轉90度左足併踏(面向3點鐘)
- 第二段 Side Rock & Cross, 1/4 Pivot Turn Twice, Cross, Side Rock, Cross, Side Rock (Bota Fogas). 曼波交叉, 1/4 1/4, 交叉曼波, 交叉曼波**
- 1& Step left to left side (1), Rock (recover) weight back again onto right (&). 左足左踏, 右足回復
- 2 Cross left over right (2) 左足於右足前交叉踏
- 3 Pivot ¼ turn left Stepping back on right (3). [12:00]
左軸轉90度右足後踏(面向12點鐘)
- 4 Pivot ¼ turn left Stepping left to left side (4). [9:00]
左軸轉90度左足左踏(面向9點鐘)
- 5&6 Cross right over left (5), Step left to left side (&), Rock (recover) weight back again onto right (6).
右足左足前交叉踏, 左足左踏, 右足回復
- 7&8 Cross left over right (7), Step right to right side (&), Rock (recover) weight onto left (8). 左足於右足前交叉踏, 右足右踏, 左足回復
- 第三段 Cross, Back, Side Shuffle, Cross, Side Rock, Cross. 交叉 後, 右追步, 交叉, 右下沉 回復, 交叉**
- 1,2 Cross right over left (1), Step back on left (2).
右足於左足前交叉踏, 左足後踏
- 3&4 Step right to right side (3), Step left next to right (&), Step right to right side (4). 右足右踏, 左足併踏, 右足右踏
- 5 Cross left over right (5). 左足於右足前交叉踏
- 6,7 Step right to right side (6), Rock (recover) weight back again onto left (7). 右足右踏, 左足回復
- 8 Cross right over left (8). 右足於左足前交叉踏
- 第四段 Side, Touch, Side, Touch, Side Shuffle, Point Back, 1/2 Turn Unwind. 左踏, 前點, 右踏, 前點, 左追步, 後點, 繞1/2**
- 1,2 Step left to left side (1), Touch right toe across in front of left (2).
左足左踏, 右足趾於左足前點
- 3,4 Step right to right side (3), Touch left toe across in front of right (4). 右足右踏, 左足趾於右足前點
- 5&6 Step left to left side (5), Step right next to left (&), Step left to left side (6). 左足左踏, 右足併踏, 左足左踏
- 7,8 Point right toe back (7), Unwind ½ turn right Stepping down on right (8). [3:00] 右足趾後點, 右繞轉180度右足踏

Part B: The Seasons In The Sun part. B部份, 副歌

第一段 Walk Forward, Mambo Step, ½ Pivot Turn, Step, ½ Turn, Contra ½ Swivel Turn. 走, 前曼波, 轉踏轉轉

- 1,2 Step forward on left (1), Step forward on right (2). [6:00]
左足前踏, 右足前踏(面向6點鐘)
- 3&4 Step forward on left (3), Rock (recover) weight back again onto right (&), Step back on left (4).
左足前踏, 右足回復, 左足後踏
- 5 Pivot ½ turn right Stepping forward on right (5). [12:00]
右軸轉180度右足前踏(面向12點鐘)
- 6,7 Step forward on left (6), Pivot ½ turn right (7). [6:00]
左足前踏, 右軸轉180度(面向6點鐘)
- 8 Pivot ½ turn right (contra) Stepping forward on left (8). [12:00]
右軸轉180度左足前踏(面向12點鐘)

第二段 Walk Forward, Mambo Step, ½ Pivot Turn, Step, ½ Turn, Contra ½ Swivel Turn. 前走, 前曼波, 1/2, 踏轉, 旋轉1/2

- 1,2 Step forward on right (1), Step forward on left (2).
右足前踏, 左足前踏
- 3&4 Step forward on right (3), Rock (recover) weight back again onto left (&), Step back on right (4). 右足前踏, 左足回復, 右足後踏
- 5 Pivot ½ turn left Stepping forward on left (5). [6:00]
左軸轉180度左足前踏(面向6點鐘)
- 6,7 Step forward on right (6), Pivot ½ turn left (7). [12:00]
右足前踏, 左軸轉180度(面向12點鐘)
- 8 Pivot ½ turn left (contra) Stepping forward on right (8). [6:00]
左軸轉180度右足前踏(面向6點鐘)

Part C: C部份

Walk Around Full Turn Over 6 Counts. 6拍走步轉圈

- 1-6 Walk around a full turn in a circle. 以6步走一圈

TAG: To be danced after wall 2 & 第二面牆結束時加拍

- 1,2 Step left to left side and Sway hips left (1), Sway hips right (2).
左足左踏左擺臀, 右擺臀
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