

You're My Sunshine (陽光情人) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) - 2009年12月
音樂: Sunshine - Steve Azar : (CD: Single)



前奏 : Intro: 32 counts 32拍後起跳

- 第一段** Step, Step Pivot $\frac{1}{4}$ Turn R, Cross, $\frac{1}{4}$ Turn L, $\frac{1}{4}$ Turn L, Jazz-Boxx, Cross Shuffle
踏, 踏右1/4, 交叉, 左1/4, 左1/4, 爵士方塊, 交叉交換
- 1 Step Fwd on R 右足前踏
- 2&3 Step Fwd on L, Pivot $\frac{1}{4}$ Turn Right, Cross L Over R (3:00)
左足前踏, 右轉90度, 左足於右足前交叉踏(面向3點鐘)
- 4& Turn $\frac{1}{4}$ Left Step Back on R, Turn $\frac{1}{4}$ Left Step L to Left Side (9:00)
左轉90度右足後踏, 左轉90度左足左踏(面向9點鐘)
- 5-7 Cross R Over L, Step Back on L, Step R to Right Side
右足於左足前交叉踏, 左足後踏, 右足右踏
- 8&1 Cross L Over R, Step R to Right 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
- 第二段** Side Rock, Sailor $\frac{1}{2}$ Turn R into Cross Rock, & Cross, $\frac{1}{4}$ Turn L, $\frac{1}{2}$ Turn L, Step Fwd
側下沉, 右1/2轉水手, 交叉下沉, 併, 交叉, 左1/4, 左1/2, 踏
- 2-3 Rock R to Right Side, Recover on L 右足右下沉, 左足回復
- 4& Cross R Behind L making $\frac{1}{4}$ Turn Right, Step L next to R Making $\frac{1}{4}$ Turn Right (3:00) 右轉90度右
足於左足後踏, 右轉90度左足併踏(3點鐘)
- 5-6 Cross Rock R Over L, Recover on L 右足於左足前交叉下沉, 左足回復
- &7 Step on Ball of R Next to L (Slightly Backwards), Cross L Over R
右足略後併踏, 左足於右足前交叉踏
- 8& Turn $\frac{1}{4}$ Left Step Back on R, Turn $\frac{1}{2}$ Left Step Fwd on L (6:00)
左轉90度右足後踏, 左轉180度左足前踏(面向6點鐘)
***RESTART Point wall 4 第四面牆跳至此面向9點鐘, 從頭起跳
- 1 Step Fwd on R 右足前踏
- 第三段** Fwd Mambo, Cross, Back, Sweep, Rock Back, Side, Behind, $\frac{1}{4}$ Turn R, $\frac{1}{4}$ Turn R 前曼波, 交叉,
後, 繞, 後下沉, 側, 後, 右1/4, 右1/4
- 2&3 Rock Fwd on L, Recover on R, Step Back on L to Left Diagonal (Angle body to left) 左足前下沉,
右足回復, 左足左斜後踏(身體轉向左)
- 4&5 Cross R Over L, Step Back on L to Left Diagonal, Sweep R From Front to Back 右足於左足前交
叉踏, 左足左斜後踏, 右足由前繞至後
- 6&7 Rock R Behind L, Recover on L, Step R to Right Side
右足於左足後下沉, 左足回復, 右足右踏
- 8&1 Step L Behind R, $\frac{1}{4}$ Turn Right Step Fwd on R, $\frac{1}{4}$ Turn Right Step L to Left Side (12:00)
左足於右足後踏, 右轉90度右足前踏, 右轉90度左足左踏(面向12點鐘)
- 第四段** Rock Back, $\frac{1}{4}$ Turn L with Sweep, $\frac{1}{4}$ Turn L, Cross, $\frac{1}{4}$ Turn L, Step, Pivot $\frac{1}{2}$ Turn L, Step, Lock
(Step)
後下沉, 左1/4帶繞, 左1/4, 交叉, 左1/4, 踏, 轉, 踏, 鎖踏
- 2&3 Rock Back on R, Recover on L, $\frac{1}{4}$ Turn Left Step Back on R with L Sweep (9:00) 右足後下沉, 左
足回復, 左轉90度右足後踏左足繞

- 4&5 Turn $\frac{1}{4}$ Left Step L to Left Side, Cross R Over L, $\frac{1}{4}$ Turn Left Step Fwd on L (3:00)
左轉90度左足左踏, 右足於左足前交叉踏, 左轉90度左足前踏(3點鐘)
- 6-7 Step Fwd on R, Pivot $\frac{1}{2}$ Turn Left (9:00)
右足前踏, 左軸轉180度(面向9點鐘)
- 8& Step Fwd on R, Lock L Behind R (Step Fwd on R is your first count of the dance again)
右足前踏, 左足於右足後鎖踏(接續第1拍右足前踏成前鎖步)
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