

Shattered Dreams (意亂情迷) (zh)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Barry Amato (USA) - 2006年10月
音樂: Shattered Dreams - Johnny Hates Jazz



前奏 : Intro: 32 counts 32拍後起跳

- 第一段** touch diagonal, touch side, step behind, touch diagonal, touch side, step behind, 1/4 turn, turning triple
斜角點, 側點, 後踏, 斜角點, 側點, 後踏, 轉1/4, 小三步轉
- 1-3 Touch R across left (1). Touch R foot to R side (2). Step R foot behind L (3). 右足於左足前交叉點, 右足右點, 右足於左足後踏
- 4-6 Touch L across R (4). Touch L foot to L side (5). Step L foot behind R (6) 左足於右足前交叉點, 左足左點, 左足於右足後踏
- 7 1/4 turn to the R, stepping forward on the R foot (7)
右轉90度右足前踏
- 8&1 Step forward on the L foot (8). 1/2 turn pivot R with R foot taking weight (&). Step forward on the L foot (1)
左足前踏, 右轉180度重心在右足, 左足前踏
- 第二段** hold, step together, step forward, hold, 1/2 turn pivot, step back, coaster step 候, 併踏, 前踏, 候, 轉1/2, 後踏, 海岸步
- 2&3 Hold (2). Step R foot forward bring it to meet L foot (&). Step L foot forward (3). 候, 右足前併踏, 左足前踏
- 4-6 Hold (4). Step forward on R foot (5). 1/2 turn pivot to L with L foot taking weight (6) 候, 右足前踏, 左轉180度重心在左足
- 7 With weight on L foot, pivot on ball of L foot a 1/2 turn L and step back on R foot (7) 左轉180度右足後踏
- 8&1 Step back L foot (8). Step R foot together with L (&). Step forward L to complete coaster step (1)
左足後踏, 右足併踏, 左足前踏(海岸步)
- 第三段** touch side, jazz box, step/1/2 turn pivot, 1/4 turn triple step
側點, 爵士方塊, 踏轉1/2, 小三步轉1/4
- 2-3 Touch R foot to R side (2). Being jazz box, crossing R over L (3). 右足右點, (開始爵士方塊)右足於左足前交叉點
- 4-6 Step back on L foot (4). Step R side on R foot (5). Step forward on L foot (6) 左足後踏, 右足右踏, 左足前踏
- 7 1/2 turn pivot to the R with R foot taking weight (7)
右轉180度重心在右足
- 8&1 Step forward on the L foot (8). 1/4 turn to the R with R foot taking weight (&). Cross L foot over R with L foot taking weight (1) 左足前踏, 右轉90度重心在右足, 左足於右足前交叉點
- 第四段** rock side, recover (with cuban motion), step behind, 1/4 turn, step/1/2 turn, rock side, recover
側下沉, 回復, 後踏, 轉1/4, 踏轉1/2, 側下沉, 回復
- 2-3 Rock to the R on ball of R foot (2) Recover on L foot (3).
右足右下沉, 左足回復
- 4-6 Step R foot behind L (4). 1/4 turn to the L and step forward on L foot (5). Step forward on the R foot (6)
右足於左足後踏, 左轉90度左足前踏, 右足前踏

7 ½ turn pivot to the L with L foot taking weight (7)
左轉180度重心在左足

8& Rock to the R side on the R foot(8). Recover in place on L (&)
右足右下沉, 左足回復

*Touching forward with the R foot takes you to count 1 at the top of dance. 接續第一段第1拍右足前點

*Hint: On counts 2-3 and 8&, use your hips (cuban motion)to emphasize move as opposed to large steps.

第2-3及8& 以推臀(cuban方式)
