

Long Summer (zh)

COPPER KNOB
BY STEPHEN METZ

拍數: 68 牆數: 4 級數: Intermediate/Advanced
編舞者: Michael Vera-Lobos (AUS) - 2010年11月
音樂: Long Hot Summer - Keith Urban



- 第一段 Side, Behind & Cross Rock, Replace, Step Fwd In Corner, ½ Pivot R, ½ Shuffle R**
- 1,2&3,4 Step side R, Cross L behind & Step R to R, Cross Rock L over R into R corner (1:00), Rock back on R (1:00)
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉下沉(面向1點鐘), 右足回復(面向1點鐘)
- 5,6,7&8 Step fwd on L (1:00), Pivot ½ R (7:00), ½ Shuffle over R Stepping L,R,L (1:00)
左足前踏(面向1點鐘), 右軸轉180度(面向7點鐘), 右180度轉交換-左, 右, 左
- 第二段 1/8 R, ½ Hinge R, Behind, Point Side, Behind, Point Side, R Kick Ball Step Fwd**
- 1,2 Turning 1/8 R straighten to 3:00 Stepping R to R, ½ Hinge R Ending with L to L (9:00)
右轉45度轉正面向3點鐘右足右踏, 右轉180度重心在左足(面向9點鐘)
- 3-6 Travel Back – Cross R behind L, Point L to L side, Cross L behind R, Point R to R side (9:00)
(向後移)右足於左足後交叉踏, 左足左點, 左足於右足後交叉踏, 右足右點(面向9點鐘)
- 7&8 Kick R fwd & Stepping R beside L, Step fwd on L (9:00)
右足前踢, 右足併踏, 左足前踏(面向9點鐘)
- 第三段 Pivot ½ R, ½ Turn R, ½ Shuffle R, Rock Fwd L, Replace, Rock Back L, Replace**
- 1,2,3&4 Pivot ½ R Ending wt R (3:00), Turn a further ½ R on L (9:00), ½ Shuffle R Stepping R,L,R (3:00)
右軸轉180度重心在右足(面向3點鐘), 右轉180度, 右180度轉交換-右, 左, 右(面向3點鐘)
- 5-8 Rock fwd L, Rock back on R, Rock back on L, Rock fwd on R (3:00)
左足前下沉, 右足回復, 左足後下沉, 右足回復(面向3點鐘)
- 第四段 Step Fwd, ¼ Pivot R, Cross Shuffle, ¼ L, ¼ L, Full Spin Fwd L Stepping R,L**
- 1,2,3&4 Step fwd L, Pivot ¼ R (6:00), Cross Shuffle L over R Stepping L,R,L (6:00) 左足前踏, 右軸轉90度(面向6點鐘), 交叉交換-左, 右, 左
- 5-8 Turn ¼ L Stepping back on R, Turn a further ¼ L ending with L to L side (12:00), Full spin fwd L Stepping R,L
左轉90度右足後踏, 左轉90度左足左踏(面向12點鐘), 左轉180度右足踏, 左轉180度左足踏
- 第五段 Side Shuffle ¼ L, Tuck Behind, ¾ Unwind, Side Rock & Replace, Cross, ¼ R, ½ R**
- 1&2,3,4 Side Shuffle ¼ L Stepping R,L,R (9:00), Tuck L toe behind R, Unwind ¾ L (End wt L facing 12:00)
左轉90度側交換-右, 左, 右(面向9點鐘), 左足趾於右足後點, 左繞轉270度(重心在左足, 面向12點鐘)
- 5&6,7,8 Rock R to R & Replace wt on L, Cross R over L, Turning ¼ R Step back on L, Turn a further ½ R Step fwd R
右足右下沉, 左足回復, 右足於左足前交叉踏, 右轉90度左足後踏, 右轉180度右足前踏
- 第六段 Rock Fwd, Replace & Ball Cross Back, Step Back, ¼R Side Rock, Replace & Step Beside, Touch Across, ½ Unwind R**
- 1,2&3,4 Rock fwd L, Replace wt on R & Step back on L, Cross R over L, Step back on L (9:00)
左足前下沉, 右足回復, 左足後踏, 右足於左足前交叉踏, 左足後踏(面向9點鐘)
- 5,6&7,8 Turning ¼ R Rock R to R side, Replace wt on L (12:00) & Stepping R beside L Touch L toe across R, Unwind ½ R Ending with Wt on L (facing 6:00)
右轉90度右足右下, 左足回復(面向12點鐘), 右足併踏, 左足趾於右足前交叉點, 右繞轉180度(重心在左足, 面向6點鐘)
- 第七段 Sailor R Drag, Behind, Step Side, Cross Rock, Replace & Touch Across, ¼ L**
- 1&2,3,4 Sailor R dragging L towards R (6:00), Cross L behind R, Step R to R side (6:00)
右水手步左足拖併(面向6點鐘), 左足於右足後交叉踏, 右足右踏(面向6點鐘)

5,6&7,8 Cross Rock L over R, Rock back on R & Stepping L to L Touch R toe across L, Unwind $\frac{3}{4}$ L (End Wt R 9:00)
左足於右足前交叉下沉, 右足回復, 左足左踏, 右足趾於左足前交叉點, 左繞轉270度(結束重心在右足, 面向9點鐘)

第八段 Shuffle Back L, Rock Back, Replace, Step Fwd, $\frac{1}{2}$ Pivot L, Full Spin Fwd L

1&2,3,4 Shuffle back L Stepping L,R,L Rock back on R, Rock fwd on L (9:00)
後交換-左, 右, 左, 右足後下沉, 左足回復(面向9點鐘)

5-8 Step fwd on R, Pivot $\frac{1}{2}$ L (3:00), Full Spin fwd L Stepping R then L (3:00) 右足前踏, 左軸轉180度(面向3點鐘), 左轉180度右足踏, 左轉180度左足踏(面向3點鐘)

*****RESTART Wall 3,5,6,7,8

第三,五,六,七,八面牆跳至此, 從頭起跳

第九段 STEP FWD, STEP SIDE & BALL STEP, TAP BESIDE

1,2&3,4 Step fwd R, Step L to L & Stepping R beside L Step fwd on L, Tap R slightly to R side (3:00)
右足前踏, 左足左踏, 右足併踏, 左足前踏, 右足略右點(面向3點鐘)

TAG: OCCURS at the END of Wall 2 facing 6:00 and at the END of wall 4 facing 12:00 (Note: After 2nd Tag all Walls are 64 counts)

加拍: 第二面牆面向6點鐘, 第四面牆面向12點鐘, 第二次加拍之後, 每面牆都只有64拍

第十段 R Sailor Step, Cross Behind, $\frac{1}{4}$ R, Step Fwd, $\frac{3}{4}$ Pivot R, Side Shuffle L

1&2,3,4 R Sailor Step, Cross L behind R, Turn $\frac{1}{4}$ R on R
右水手步, 左足於右足後交叉踏, 右轉90度右足踏

5,6,7&8 Step fwd L, Pivot $\frac{3}{4}$ R, Side Shuffle L Stepping L,R,L
左足前踏, 右軸轉270度, 左交換-左, 右, 左

FINISH: Dance will finish on count 16 facing (9:00) – $\frac{1}{4}$ Twist Heels to L to finish dance facing 12:00

結束: 跳至第二段結束, 面向9點鐘, 雙足踵向左旋轉90度面向12點鐘做結束
