

Sands Of Time (zh)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) - 2010年12月
音樂: The Sands Of Time (Flamenco Edit) - United DJ's & Pandora : (CD: Celebration)



前奏 : Intro: 16 counts from where the beat comes in, on vocals 16拍後唱歌起跳

第一段 Cross, Point, Cross, Side Rock, Cross, Point, Samba ¼ Turn L

- 1-2 Cross R Over L, Point L to Left Side
右足於左足前交叉踏, 左足左點
- 3&4 Cross L Over R, Rock R to Right Side, Recover on L
左足於右足前交叉踏, 右足右下沉, 左足回復
- 5-6 Cross R Over L, Point L to Left Side
右足於左足前交叉踏, 左足左點
- 7&8 Cross L Over R, ¼ Turn Left Step Back on R, Step L Next to R (9:00)
左足於右足前交叉踏, 左轉90度右足後踏, 左足併踏(面向9點鐘)

第二段 Cross, Side, Sailor ¼ Turn Cross, 1/4 Turn L, 1/2 Turn L, Shuffle ½ Turn L

- 1-2 Cross R Over L, Step L to Left Side
右足於左足前交叉踏, 左足左踏
- 3&4 Turning ¼ Turn Right Step R Behind L, Step L To Left Side, Cross R Over L (12:00)
右轉90度右足於左足後踏, 左足左踏, 右足於左足前交叉踏(面向12點鐘)
- 5-6 ¼ Turn Left Step Fwd on L, ½ Turn Left Step Back on R (3:00)
左轉90度左足前踏, 左轉180度右足後踏(面向3點鐘)
- 7&8 ¼ Turn Left Step L to Left Side, Step R Next to L, ¼ Turn Left Step Fwd on L (9:00)
左轉90度左足左踏, 右足併踏, 左轉90度左足前踏(面向9點鐘)

第三段 Mambo Fwd, Lock Step Back, Full Turn R, Coaster Cross

- 1&2 Rock Fwd on R, Recover on L, Step Back on R
右足前下沉, 左足回復, 右足後踏
- 3&4 Step Back on L, Lock R Over L, Step Back on L
左足後踏, 右足於左足前鎖踏, 左足後踏
- 5-6 ½ Turn Right Step Fwd on R, ½ Turn Right Step Back on L (9:00)
右轉180度右足前踏, 右轉180度左足後踏(面向9點鐘)
- 7&8 Step Back on R, Step L Next to R, Cross R Over L
右足後踏, 左足併踏, 右足於左足前交叉踏

第四段 & Cross, Side, Behind & Heel Ball Cross, Hold, & Cross & Cross (Turning 1/2 Turn L)

- &1-2 Step on Ball of L to Left Side, Cross R Over L, Step L to Left Side
左足左踏, 右足於左足前交叉踏, 左足左踏
- 3& Step R Behind L, Step L to Left Side
右足於左足後踏, 左足左踏
- 4&5 Touch R Heel Fwd to Right Diagonal, Step R Next to L, Cross L Over R 右足踵右斜角前點, 右足併踏, 左足於右足前交叉踏
- 6 Hold 候
- &7&8 Step R to Right Side, Cross L Over R, Step R to Right Side, Cross L Over R 右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- *Gradually Turning ½ Turn Left on counts &7&8 (end facing 3:00)
&7&8拍做一個左轉180度, 結束時面向3點鐘

第五段 Side Rock, & Point, 1/4 Turn L, Point, Kick & Point, & Side Rock

- 1-2 Rock R to Right Side, Recover on L
右足右下沉, 左足回復
- &3 Step R Next To L, Point L to Left Side
右足併踏, 左足左點

&4 ¼ Turn Left Step L Next to R, Point R to Right Side (12:00)
左轉90度左足併踏, 右足右點(面向12點鐘)

*****RESTART: on wall 2, After count 36 (3:00)**

第二面牆, 跳至此時面向3點鐘, 從頭起跳

5&6 Kick R Fwd, Step R Next to L, Point L to Left Side
右足前踢, 右足併踏, 左足左點

&7-8 Step L Next to R, Rock R to Right Side, Recover on L
左足併踏, 右足右下沉, 左足回復

第六段 Behind-Side-Cross, Side Rock, Behind, ¼ Turn R, Step Fwd, Kick & Kick &

1&2 Step R Behind L, Step L to Left Side, Cross R Over L
右足於左足後踏, 左足左踏, 右足於左足前交叉踏

3-4 Rock L to Left Side, Recover on R 左足左下沉, 右足回復

5&6 Step L Behind R, ¼ Turn Right Step Fwd on R, Step Fwd on L (3:00)
左足於右足後踏, 右轉90度右足前踏, 左足前踏(面向3點鐘)

7& Kick R Fwd to Left Diagonal, Step R Next to L,
右足左斜角前踢, 右足併踏

8& Kick L Fwd to Right Diagonal, Step L Next to R
左足右斜角前踢, 左足併踏
