

The Coconut Tree (zh)

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Coconut Tree (feat. Nicole Scherzinger) - Mohombi



前奏 : Intro: Start after 16 counts on Vocals

第一段 Rock, Recover, Shuffle Fwd, Step Fwd, Pivot ½ R, ¾ Turn R

- 1-2 Rock R back, Recover on L 右足後下沉, 左足回復
3&4 Step R fwd, Step L next to R, Step R fwd
右足前踏, 左足併踏, 右足前踏
5-6 Step L fwd, Pivot ½ Turn R 左足前踏, 右軸轉180度
7-8 ½ Turn R step L back, ¼ Turn R step R to R side (03.00)
右轉180度左足後踏, 右轉90度右足右踏(面向3點鐘)

第二段 Cross Shuffle, Step Side, Touch, Kick Ball Cross, Side, Together

- 1&2 Step L across R, Step R to R side, Step L across R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
3-4 Step R to R side, Touch L next to R (facing L diag.)
右足右踏, 左足併點(面向左斜角)
5&6 Kick L fwd, Step L down, Step R across L
左足前踢, 左足踏, 右足於左足前交叉踏
7-8 Step L Big step To L side, Step R next to L (06.00)
左足左一大步, 右足併踏(面向6點鐘)

第三段 Heel Bounce's 2x, Kick Ball Step, Rock Recover, ¼ Turn R, Chasse

- 1-2 Bounce with Both Heels twice 雙足踵彈兩次
3&4 Kick R fwd, Step R down, Step L fwd 右足前踢, 右足踏, 左足踏
5-6 Rock R fwd, Recover on L 右足前下沉, 左足回復
7&8 ¼ Turn R step R to R side, Step L next to R, Step R to R side (06.00)
右轉90度右足右踏, 左足併踏, 右足右踏(面向6點鐘)

第四段 Cross, Side, Sailor Step X2, Step Fwd, Scuff

- 1-2 Step L across R, Step R to R side
左足於右足前交叉踏, 右足右踏
3&4 Step L behind R, Step R next to L, Step L to L side
左足於右足後踏, 右足併踏, 左足左踏
5&6 Step R behind L, Step L next to R, Step R to R side
右足於左足後踏, 左足併踏, 右足右踏
7-8 Step L fwd, Scuff R fwd 左足前踏, 右足前擦踢

第五段 Rock Recover, ¾ Turn R, Heel Swivels

- 1-2 Rock R fwd, Recover on L 右足前下沉, 左足回復
3-4 ½ Turn R step R fwd, ¼ Turn R step L to L side (03.00)
右轉180度右足前踏, 右轉90度左足左踏(面向3點鐘)
&5&6 Swivel R heel in, Step R heel back in place, Swivel L heel in, Step L heel back in place
右足踵向內旋轉, 右足踵轉回, 左足踵向內旋轉, 左足踵轉回

&7&8 Swivel R heel in, Step R heel back in place, Swivel L heel in, Step L heel back in place
右足踵向內旋轉, 右足踵轉回, 左足踵向內旋轉, 左足踵轉回

第六段 Step Fwd, Touch & Heel & Touch & Rock Recover, Coaster Step

1-2& Step R fwd, Touch L next to R. Step L down
右足前踏, 左足併點, 左足踏

3&4& Step R Heel fwd, Step R down, Touch L behind R, Step L down
右足踵前點, 右足踏, 左足於右足後點, 左足踏

5-6 Rock R fwd, Recover on L 右足前下沉, 左足回復

7&8 Step R back, Step L next to R Step R fwd
右足後踏, 左足併踏, 右足前踏

第七段 Step Fwd, ¼ Turn R, Cross Shuffle, ¾ Turn L, Kick Ball Step

1-2 Step L fwd, ¼ Turn R (06.00) 左足前踏, 右轉90度(面向6點鐘)

3&4 Step L across R, Step R to R side, Step L across R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

5-6 ¼ Turn L step R back, ½ Turn L step L fwd (09.00)
左轉90度右足後踏, 左轉180度左足前踏(面向9點鐘)

7&8 Kick R fwd, Step R down, Step L fwd
右足前踢, 右足踏, 左足前踏

第八段 Step Diag Fwd & Touch, Step Diag Back & Touch, Skates To The (Travelling Back)

1-2 Step R Diag R fwd, Touch L next to R (Clap Hands or Click fingers)
右足右斜角前踏, 左足併點(拍手或彈指)

3-4 Step L Diag L back, Touch R next to L (Clap Hands or Click fingers)
左足左斜角後踏, 右足併點(拍手或彈指)

5-6 Skate R back, Skate L back 右足後滑冰, 左足後滑冰

7-8 Skate R back, Skate L back (5-8 Travelling Backwards)
右足後滑冰, 左足後滑冰(5-8向後移動)
