

His Only Need (只要有你) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ria Vos (NL) - 2012年08月
音樂: She Is His Only Need - Wynonna



- 第一段 Basic R, Side L, R Behind, ¼ L, ¼ L Basic R, ¼ R, ½ R, L Step Pivot ½ R, L Step Fwd with Sweep**
- 1-2& Step R Long Step to Right Side, Rock Back on L, Recover on R
右足右一大步, 左足後下沉, 右足回復
- 3-4& Step L to Left Side, Step R Behind L, ¼ Turn Left Step Fwd on L (9:00)
左足左踏, 右足於左足後踏, 左轉90度左足前踏(面向9點鐘)
- 5-6& ¼ Turn Left Step R Long Step to Right Side, Rock Back on L, Recover on R (6:00) 左轉90度右足右一大步,
左足後下沉, 右足回復(面向6點鐘)
- 7& ¼ Turn Right Step Back on L, ½ Turn Right Step Fwd on R (3:00)
右轉90度左足後踏, 右轉180度右足前踏(面向3點鐘)
- 8& Step Fwd on L, Pivot ½ Turn Right (9:00)
左足前踏, 右軸轉180度(面向9點鐘)
- 1 Step Fwd on L Sweeping R from Back to Front
左足前踏右足由後繞至前
- 第二段 R Cross, L Side Rock, L Behind, R Side Rock, R Behind with Sweep, L Behind, ¼ R, L Step, Full Turn R, L Back, R Back**
- 2&3 Cross R Over L, Rock L to Left Side, Recover on R
右足於左足前交叉踏, 左足左下沉, 右足回復
- 8&4 Step L Behind R, Rock R to Right Side, Recover on L
左足於右足後踏, 右足右下沉, 左足回復
- 5 Step R Behind L Sweeping L from Front to Back
右足於左足後踏左足由前繞至後
- 6&7 Step L Behind R, ¼ Turn Right Step Fwd on R, Step Fwd on L (12:00)
左足於右足後踏, 右轉90度右足前踏, 左足前踏(面向12點鐘)
- 8&1 Pivot ½ Turn Right, Turn Another ½ Turn Right Step Back on L, Step Back on R 右軸轉180度, 右轉180度
左足後踏, 右足後踏
- 第三段 L Back, R Together, L Cross Rock, L Side, R Touch, R Side Rock (Lunge), Spin Full Turn L, R Side, L Behind, R Side, L Cross**
- 2& Step Back on L, Step R Next to L
左足後踏, 右足併踏
- 3& Cross Rock L Over R, Recover on R
左足於右足前交叉踏, 右足回復
- 4& Step L to Left Side, Touch R Next to L *** Restart Point wall 4
左足左踏, 右足併點 (第四面牆跳至此, 從頭起跳)
- 5-6 Lunge R to Right Side, Push off on R and Spin Full Turn Left on L (slightly hitch R) 右足右跨大步, 抬右足
左轉圈
(Non-turning option count 6: Hitch R Across L)
(不轉圈簡易版: 右足於左足前交叉抬)
- 7 Step R to Right Side 右足右踏
- 8&1 Step L Behind R, Step R to Right Side, Cross Rock L Over R
左足於右足後踏, 右足右踏, 左足於右足前交叉下沉
- 第四段 Recover, Weave L, R Cross Rock, ½ R, Diagonal Step Fwd, Full Turn L (on diagonal)**
- 2&3 Recover on R, Step L to Left Side, Cross R Over L
右足回復, 左足左踏, 右足於左足前交叉踏

- &4& Step L to Left Side, Step R Behind L, Step L to Left Side
左足左踏, 右足於左足後踏, 左足左踏
- 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 ½ Turn Right Step Fwd on R Diagonal, Step Fwd on L to R Diagonal (4:30)
右轉180度右足斜角前踏, 左足右斜角前踏 (面向4:30)
- 8& ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L to R Diagonal (4:30)
左轉180度右足後踏, 左轉180度左足斜角前踏 (面向4:30)

** Easy option counts &7-8&: &7-8&簡易版

- &7 Step R Back to R Diagonal, Step L Back to R Diagonal
右足右斜角後踏, 左足右斜角後踏
- 8& Step R Back to R Diagonal, ½ Turn Left step Fwd on L (4:30)
右足右斜角後踏, 左轉180度左足前踏 (面向4:30)

[1] Turn another 1/8 Turn Left to face the next wall and start again with count 1
當要再從頭起跳時, 先左轉45度轉正, 面向正牆(3:00), 再開始下一面牆的第一拍

Restart: After count 20& on wall 4 (9:00)
第四面牆跳至20&時, 面向9點鐘, 從頭起跳
