

Magdalena (馬格莉娜) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Phrased Intermediate
編舞者: Amy Yang (TW) - 2016年05月
音樂: Magdalena - Demis Roussos



Intro : 16 counts

Sequence of dance : A A A(24) B B / A A A(16) A A(24) B B / A A(16) / B B B(16)

PART A - 32 counts

Sec. A1: SIDE, RECOVER, CROSS SHUFFLE, 1/2 TURN R, CROSS SHUFFLE

1-2,3&4 Step RF to R, Recover onto LF, Cross RF over LF, Step LF to L, Cross RF over LF
5-6,7&8 1/4 turn R stepping backward on LF, 1/4 turn R stepping RF to R, RF, Cross LF over RF,
Step RF to R, Cross LF over RF (06:00)
1-2, 3&4 右足右踏, 重心回左足, 右足交叉左足前, 左足左踏, 右足交叉左足前
5-6,7&8 右轉1/4左足後踏, 右轉1/4右足右踏, 左足交叉右足前, 右足右踏, 左足交叉右足前 (06:00)

Sec. A2: VAUDEVILLE STEPS(R&L)

1-2&3 Step RF to R, Step LF back, Step RF to R, Touch LF heel forward diagonal L
&4 Step LF back, Cross RF over LF
5-6&7 Step LF to L, Step RF back, Step LF to L, Touch heel forward diagonal R
&8 Step RF back, Cross LF over RF
1-2&3 右足右踏, 左足後踏, 右足右踏, 左足腳腫點於左斜前
&4 左足後踏, 右足交叉左足前
5-6&7 左足左踏, 右足後踏, 左足左踏, 右足腳腫點於右斜前
&8 右足後踏, 左足交叉右足前

Sec. A3: HEEL, HOLD, BESIDE(R&L), HEEL SWITCHES STEPS

1-2& Touch RF heel forward, Hold, Step RF beside LF
3-4& Touch LF heel forward, Hold, Step LF beside RF
5&6& Touch RF heel forward, Step RF beside LF, Touch LF heel forward, Step LF beside RF
7 - 8 Touch RF heel forward, Hold and clap
1-2& 右足腳腫前點, 停拍, 右足併於左足旁
3-4& 左足腳腫前點, 停拍, 左足併於右足旁
5&6& 右足腳腫前點, 右足併於左足旁, 左足腳腫前點, 停拍, 左足併於右足旁
7 - 8 右足腳腫前點, 停拍及拍手

Sec. A4: CROSS, POINT(R&L), JAZZ BOX 1/4 TURN R

1 - 4 Cross RF over LF, Point LF to L, Cross LF over RF, Point RF to R
5 - 8 Cross RF over LF, 1/4 turn R step back on LF, Step RF to R, Step LF forward(09:00)
1 - 4 右足交叉左足前, 左足側點, 左足交叉右足前, 右足右側點
5 - 8 右足交叉左足前, 右轉1/4左足後踏, 右足右踏, 左足前踏(09:00)

PART B - 32 counts

Sec. B1: SIDE, BESIDE, SIDE, TOUCH(R&L)

1 - 4 Step RF to R, Step LF beside RF, Step RF to R, Touch LF beside RF
5 - 8 Step LF to L, Step RF beside LF, Step LF to L, Touch RF beside L F
1 - 4 右足右踏, 左足併於右足旁, 右足右踏, 左足點收於右足旁
5 - 8 左足左踏, 右足併於左足旁, 左足左踏, 右足點收於左足旁

Sec. B2: 1/4 TURN L, SIDE, BESIDE, SIDE, TOUCH, SIDE(R&L)

1 - 4 1/4 turn L step RF to R, Step LF beside RF, Step RF to R, Touch LF beside RF(03:00)
5 - 8 Step LF to L, Step RF beside LF, Step LF to L, Touch RF beside L F

- 1 – 4 右轉1/4右足右踏,左足併於右足旁, 右足右踏,左足點收於右足旁(03:00)
5 – 8 左足左踏,右足併於左足旁, 左足左踏,右足點收於左足旁

Sec. B3: CROSS, RECOVER, SIDE CHASSE(R&L)

- 1 – 4 Cross RF over LF, Recover onto LF, Step RF to R, Step LF beside RF, Step RF to R
5 – 8 Cross LF over RF, Recover onto RF, Step LF to L, Step RF beside LF, Step LF to L
1 – 4 右足交叉左足前,重心回左足,右足右踏,左足併於右足旁,右足右踏
5 – 8 左足交叉右足前,重心回右足,左足左踏,右足併於左足旁,左足左踏

Sec. B4: FORWARD, TOUCH, BACKWARD, TOUCH(L&R), FORWARD, TOUCH

- 1 – 4 Step RF forward R diagonal, Touch LF beside RF and clap, Step LF backward L diagonal,
Touch RF beside LF and clap
5 – 8 Step RF backward R diagonal, Touch LF beside RF and clap, Step LF forward L diagonal,
Touch RF beside LF and clap
1 – 4 右足右斜前踏,左足點收於右足旁及拍手,左足左斜後踏, 右足點收於左足旁及拍手
5 – 8 右足右斜後踏, 左足點收於右足旁及拍手,左足左斜前踏, 右足點收於左足旁及拍手

Start again

Ending : During wall 17, after 16counts, Then Cross RF over LF, 3/4 turn L (facing 12:00)
結束: 在第十七面牆,跳跳16拍,然後右足交叉左足前,左轉 3/4 (面向12:00)

Have Fun & Happy Dancing!

Contact Amy Yang:yang43999@gmail.com

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