

Within You'll Remain (你常駐我心中)

(zh)

COPPER KNOB
STEPSHEETS

拍數: 120 牆數: 4 級數: Phrased Intermediate
編舞者: Amy Yang (TW) - 2017年07月
音樂: Within You'll Remain - Chyna



Intro : 44 counts

Sequence of dance : A A(24) B A(20) C C/ B A(24) C C A(16)

PART A – 48 counts

Sec. A1: FORWARD, SWEEP(R&L), JAZZ BOX

- 1 – 4 Step RF forward, Sweep LF form back out to front, Step LF forward, Sweep RF form back out to front
5 – 8 Cross RF over LF, Step LF back, Step RF to R, Cross LF over RF
1 – 4 右足前踏,左足向前繞,左足前踏,右足向前繞
5 – 8 右足交叉左足前,左足後踏,右足右踏,左足交叉右足前

Sec. A2: SIDE, DRAG, BACK, RECOVER(R&L)

- 1 – 4 Step RF big step to R, Drag LF slide towards R, Cross LF behind RF, Recover onto RF
5 – 8 Step LF big step to L, Drag RF slide towards L, Cross RF behind LF, Recover onto LF
1 – 4 右足右踏一大步,左足向右拖滑,左足交叉右足後,重心回右足
5 – 8 左足左踏一大步,右足向左拖滑,右足交叉左足後,重心回左足

Sec. A3: 1/4 TURN L SIDE, DRAG, BACK, RECOVER, SIDE, DRAG, BACK, RECOVER

- 1 – 4 1/4 turn L stepping RF big step to R, Drag LF slide towards R, Cross LF behind RF, Recover onto RF(09:00)
5 – 8 Step LF big step to L, Drag RF slide towards L, Cross RF behind LF, Recover onto LF
1 – 4 左轉 1/4右足右踏一大步,左足向右拖滑,左足交叉右足後,重心回右足(09:00)
5 – 8 左足左踏一大步,右足向左拖滑,右足交叉左足後,重心回左足

Restarts : During wall 2(06:00) & wall 8(12:00), dance PART A - after 24 counts, wall 8 change the count 21-24 to touch instead of step

During wall 4(03:00), after 20 counts

Sec. A4: RUMBA BOX, 1/4 TURN L FLICK RF

- 1 – 4 Step RF to R, Step LF beside RF, Step RF back, Hold
5 – 8 Step LF to L, Step RF beside LF, Step LF forward, Make 1/4 turn L flick on RF(06:00)
1 – 4 右足右踏,左足併於右足旁,右足後踏,停拍
5 – 8 左足左踏,右足併於左足旁,左足前踏,左轉 1/4右足向後輕彈(06:00)

Sec. A5: WEAVE, SWEEP, WEAVE, POINT

- 1 – 4 Cross RF over LF, Step LF to L, Cross RF behind LF, Sweep LF form front out to back
5 – 8 Cross LF behind RF, Step RF to R, Cross LF over RF, Point RF to R
1 – 4 右足交叉左足前,左足左踏,右足交叉左足後,左足後繞
5 – 8 左足交叉右足後,右足右踏,左足交叉右足前,右足側點

Sec. A6: BACK, POINT, BESIDE, STEP, FORWARD, RECOVER, BACK, TOUCH

- 1 – 4 Cross RF behind LF, Point LF to L, Step LF beside RF, Step on RF in place
5 – 8 Step LF forward, Recover onto RF, Step LF big step to back, Touch RF beside LF
1 – 4 右足交叉左足後,左足側點,左足併於右足旁,右足踏
5 – 8 左足前踏,重心回右足,左足後踏,右足點於左足旁

PART B – 40 counts

Sec. B1: CROSS, HOLD(R&L), FORWARD, PIVOT 1/2 TURN L, FORWARD, HOLD

- 1 – 4 Cross RF over LF, Hold, Cross LF over RF, Hold
 5 – 8 Step RF forward, Pivot 1/2 turn L step on LF, Step RF forward, Hold(09:00)
 1 – 4 右足交叉左足前, 停拍, 左足交叉右足前, 停拍
 5 – 8 右足前踏, 左軸轉 1/2左足踏, 右足前踏, 停拍(09:00)

Sec. B2: CROSS, HOLD(L&R), FORWARD, PIVOT 1/2 TURN R, FORWARD, HOLD

- 1 – 4 Cross LF over RF, Hold, Cross RF over LF, Hold
 5 – 8 Step LF forward, Pivot 1/2 turn R step on RF, Step LF forward, Hold(03:00)
 1 – 4 左足交叉右足前, 停拍, 右足交叉左足前, 停拍
 5 – 8 左足前踏, 右軸轉 1/2右足踏, 左足前踏, 停拍(03:00)

Sec. B3: SIDE, BEHIND, 1/4 TURN R, FORWARD, PIVOT 1/2 TURN R, 1/4 TURN R, BEHIND, SIDE

- 1 – 4 Step RF to R, Cross LF behind RF, 1/4 turn R step RF forward, Step LF forward(06:00)
 5 – 8 Pivot 1/2 turn R step on RF, 1/4 turn R step LF to L, Cross RF behind LF, Step LF to L(03:00)
 1 – 4 右足右踏, 左足交叉右足後, 右轉 1/4 右足前踏, 左足前踏(06:00)
 5 – 8 右軸轉 1/2 右足踏, 右轉 1/4 左足左踏, 右足交叉左足後, 左右左踏(03:00)

Sec. B4: CROSS, RECOVER, SIDE, HOLD(R&L)

- 1 – 4 Cross RF over LF, Recover onto LF, Step RF to R, Hold
 5 – 8 Cross LF behind RF, Recover onto RF, Step LF to L, Hold
 1 – 4 右足交叉左足前, 重心回左足, 右足右踏, 停拍
 5 – 8 左足交叉右足後, 重心回右足, 左足左踏, 停拍

Sec. B5: SWAY, HOLD(R&L), SWAY(R、L、R、L)

- 1 – 4 Sway hip R, Hold, Sway hip L, Hold
 5 – 8 Sway hip R、L、R、L
 1 – 4 搖右臀, 停拍, 搖左臀, 停拍
 5 – 8 搖臀右、左、右、左

PART C – 32 counts

Sec. C1: SWAY, HOLD(L&R), SCISSOR CROSS, HOLD

- 1 – 4 Sway hip L, Hold, Sway hip R, Hold
 5 – 8 Step LF to L, Step RF beside LF, Cross LF over RF, Hold
 1 – 4 搖左臀, 停拍, 搖右臀, 停拍
 5 – 8 左足左踏, 右足併於左足旁, 左足交叉右足前, 停拍

Sec. C2: SWAY, HOLD(R&L), SCISSOR CROSS, HOLD

- 1 – 4 Sway hip R, Hold, Sway hip L, Hold
 5 – 8 Step RF to R, Step LF beside RF, Cross RF over LF, Hold
 1 – 4 搖右臀, 停拍, 搖左臀, 停拍
 5 – 8 右足右踏, 左足併於右足旁, 右足交叉左足前, 停拍

Sec. C3: SHUFFLE DIAGONAL(L&R), HOLD

- 1 – 4 Step LF forward L diagonal, Lock RF behind LF, Step LF forward L diagonal, Hold
 5 – 8 Step RF forward R diagonal, Lock LF behind RF, Step RF forward R diagonal, Hold
 1 – 4 左足踏左斜前, 右足鎖於左足後, 左足踏左斜前, 停拍
 5 – 8 右足踏右斜前, 左足鎖於右足後, 右足踏右斜前, 停拍

Sec. C4: FORWARD, PIVOT 1/2 R TURN R, FORWARD, HOLD, FORWARD, RECOVER, BESIDE, HOLD

- 1 – 4 Step LF forward, Pivot 1/2 turn R step on RF, Step LF forward, Hold (06:00)
 5 – 8 Step RF forward, Recover onto LF, Step RF beside LF, Hold
 1 – 4 左足前踏, 右軸轉 1/2右足踏, 左足前踏, 停拍(06:00)
 5 – 8 右足前踏, 重心回左足, 右足併於左足旁, 停拍

Start again.

Restarts : During wall 2(06:00) & wall 8(12:00), dance PART A - after 24 counts. wall 8 change the count 21-24 to touch instead of step & restart(09:00)During wall 4(03:00), after 20 counts

重新開始:第二面牆及第八面牆, 跳至A段落第24拍。第八面牆21-24拍更改踏為點, 第二面牆, 跳至20拍

Ending : During wall 11, after 12 counts, Then Step LF to L, Cross RF behind LF, 1/4 turn L step LF forward, Step RF forward, Pivot 1/2 turn L step on LF, Step RF beside LF to face the front(facing 12:00)

結束:第十一面牆,跳12拍,然後左足左踏, 右足交叉左足後,左轉 1/4 左足前踏,右足前踏,左軸轉 1/2 左足踏, 右足併於左足旁, 面向前(面向12: 00)

Have Fun & Happy Dancing !

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