

Picking-tea and Capturing Butterflies

(采茶扑蝶) (zh)

COPPER KNOB
STEPSHEETS

拍數: 112 牆數: 2 級數: Phrased Beginner
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音樂: Adapted from Fujian folk song by Wang Xiuyi



Sequence: A B A B / Tag1 / A B A B / C C / Tag2 / A / Ending
舞蹈顺序: A B A B / Tag1 / A B A B / C C / Tag2 / A / Ending
Intro: After the human voice 8 counts
前奏: 人声后8拍

Section A: 32 counts

A组 32拍

[1-8]: 1/4 Turn L ,toe ball step

[1-8]: 左转1/4,脚掌踏步

- 1-2 Turn 1/4 turn left 9:00 step left,right ;
1-2 左转1/4 , 左脚掌前踏 , 右脚掌在左旁踏 ;
3 & 4 & Turn 1/4 turn left 6:00 step left,right,left,right ;
3 & 4 & 左转1/4 , 左脚掌前踏 , 右脚掌在左旁踏 , 左脚掌原地踏 , 右脚掌在左旁踏 ;
5-8 Same as 1-4.
5-8 同1-4.

[9-16] : Grapevine cross

[9-16] : 藤步交叉

- 9-10-11-12 Step left to left side,Cross right to left forward;Step left to left side,Cross right to left
backward.
9-10-11-12 左向左旁踏 , 右在左前交叉 ; 左向左旁踏 , 右在左后交叉点。
13-14-15-16 Step right to right side, Cross left to right forward; Step right to right side, Cross left to right
backward.
13-14-15-16 右向右旁踏 , 左在右前交叉 ; 右向右旁踏 , 左在右后交叉点。

[17-24]: Left Mambo, Right Mambo, Left Rocking Chain

[17-24] : 左曼波、右曼波、左摇椅步

- 17 & 18 Step left to left, recover to Right,Together left beside right;
17 & 18 左向左踏 , 重心回右 , 左并右旁 ;
19 & 20 Step right to right, recover to left, Together right beside left;
19 & 20 右向右踏 , 重心回左 , 右并左旁 ;
21-22-23-24 Step left forward, recover to right; Step left backward, recover to right.
21-22-23-24 左前踏 , 重心回右;左后踏 , 重心回右。

[25-32] : Weave, Rock, Cha Cha cross, 1/4 right turn

[25-32] : 纺织步、摇摆步、交叉恰恰、右转1/4

- 25-26-27-28 Cross left to right forward, Step right to right;Cross left to right backward,1/4 turn right step
right forward;
25-26-27-28 左在右前交叉 , 右向右踏 ; 左在右后交叉 , 右转1/4右前踏 ;
29-30-31 & 32 1/4 turn right step left to left,recover to right; Cross left to right forward, Step right to left heel
backward, Cross left to right forward;
29-30-31 & 32 右转1/4左向左踏 , 重心回右 , 左在右前交叉;右在左后跟步 , 左在右前交叉 ;

Section B 48 counts

B组 48拍

[1-8]: Scissors step, Touch point, Cross backward

[1-8] : 剪刀步 , 侧点 , 后交叉

- 1-2-3-4 Step right to right, Step left to left, Cross right to left forward, Freeze.
1-2-3-4 右向右踏 , 左并右踏 , 右在左前交叉 , 保持。
5-6-7-8 Touch left to left side, Touch left to right side, Touch left to left side, Cross left to right backward;
5-6-7-8 左向左侧点 , 左在右旁并点 , 左向左侧点 , 左在右后交叉点 ;

[9-16]: Scissors step, Touch point, Cross backward

[9-16] : 剪刀步 , 侧点 , 后交叉

- 9-10-11-12 Step left to left, Step right to left, Cross left to right forward, Freeze.
9-10-11-12 左向左踏 , 右并左踏 , 左在右前交叉 , 保持。
13-14-15-16 Touch right to right side, touch right beside left side, touch right to right side, cross right to left backward;
13-14-15-16 右向右侧点 , 右在左旁并点 , 右向右侧点 , 右在左后交叉点 ;

[17-24]: Cha Cha Cha Shuffle, 1/2, 1/4 Body turn, 1/2 Point turn

[17-24] : 恰恰步 , 上身转1/2、1/4 , 转体1/2

- 17&18 Step right forward & 1/4 turn on left, walk on left heel, step right forward;
17&18 右前踏同时上身左转1/4 , 左后跟步 , 右前踏 ;
19&20 Step left forward & 1/2 turn on right, walk on right heel, step left forward;
19&20 左前踏同时上身右转1/2 , 右后跟步 , 左前踏 ;
21-22 1/4 turn on left, step on right forward, 1/2 turn left, step left forward;
21-22 上身左转1/4 , 右前踏 , 左转1/2 , 左前踏 ;
23&24 Step right forward, walk on left heel, step right forward.
23&24 右前踏 , 左后跟步 , 右前踏。

[25-32]: Cha Cha Cha Shuffle, 1/2, 1/4 turn, Rock step, Coaster step

[25-32] : 恰恰步 , 上身转1/2、1/4 , 摇摆步 , 海岸步

- 25&26 Step left forward & 1/4 turn right, walk on right heel, step left forward;
25&26 左前踏同时上身右转1/4 , 右后跟步 , 左前踏 ;
27&28 Step right forward & 1/2 turn left, walk on left heel, step right forward;
27&28 右前踏同时上身左转1/2 , 左后跟步 , 右前踏 ;
29-30 1/4 turn right, step left forward, recover to right;
29-30 右转1/4 , 左前踏 , 重心回右 ;
31&32 Step left backward, close right to left side, step left forward.
31&32 左后踏 , 右并左旁 , 左前踏。

[33-40]: 5/4 Turn right, Step forward, Recover, 1/2 Turn left, Cha Cha Cha Shuffle

[33-40] : 右转5/4 , 前踏 , 回重心 , 左转1/2 , 恰恰步

- 33-34-35-36 1/4 Turn right to step forward, 1/2 turn right to step left backward, 1/2 turn right to step right forward, freeze.
33-34-35-36 右转1/4右前踏 , 右转1/2左后踏 , 右转1/2右前踏 , 保持 ;
37-38 Step left forward, recover to right.
37-38 左前踏 , 重心回右 ;
39&40 1/2 turn left, step left forward, walk on right heel, step left forward.
39&40 左转1/2 , 左前踏 , 右后跟步 , 左前踏。

[41-48]: Cha Cha Cha Shuffle, Rock step, Cross & Touch side

[41-48] : 恰恰步 , 摇摆步 , 交叉 , 侧点

- 41&42 Step right forward, walk on left heel, step right forward;
41&42 右前踏 , 左后跟步 , 右前踏 ;
43-44 1/4 turn right, step left to left side, recover to right;
43-44 右转1/4 , 左向左旁踏 , 重心回右 ;

45-46-47-48 Cross left to right forward, touch right to right side, cross right to left forward, touch left to left side.

45-46-47-48 左在右前交叉，右向右侧点，右在左前交叉，左向左侧点。

Section C 32 counts

C组 32拍

[1-8]: Mounting climbing step, jump, 1/2 turn

[1-8]：登山步，跳，转1/2

1-2-3-4 Step on left sole forward, step on right sole forward, Step on left sole forward, step on right sole forward,;

1-2-3-4 左脚掌前踏，右脚掌前踏，左脚掌前踏，右脚掌前踏；

5-6-7-8 Step on left sole forward, close right to left side, 1/2 turn left & jump with right feet, close right to left side.

5-6-7-8 左脚掌前踏，右并左旁，左转1/2右后抬腿跳，右在左旁并。

[9-16]: Mounting climbing step, jump, 1/2 turn

[9-16]：登山步，跳，转1/2

9-10-11-12 Step on right sole forward, Step on left sole forward, Step on right sole forward, Step on left sole forward;

9-10-11-12 右脚掌前踏，左脚掌前踏，右脚掌前踏，左脚掌前踏；

13-14-15-16 Step on right sole forward, close left to right side, 1/2 turn right & jump with left heel, close left to right side.

13-14-15-16 右脚掌前踏，左并右旁，右转1/2左后抬腿跳，左在右旁并。

[17-24]: Step on soles diagonal, Slide forward, 1/2 turn

[17-24]：对角线脚掌踏步，向前滑步，转1/2

17&18& 1/8 turn left(facing 10:30), step forward on left sole, step forward on right sole, step forward on left sole, step forward on right sole;

17&18& 左转1/8 (面向10:30)，左脚掌前踏，右脚掌前踏，左脚掌前踏，右脚掌前踏；

19&20& Step forward on left sole, step forward on right sole; step forward on left sole, step forward on right sole;

19&20& 左脚掌前踏，右脚掌前踏，左脚掌前踏，右脚掌前踏；

21-22 Step left forward to slide on right diagonal, step on right sole;

21-22 左前踏右向对角线滑出，右掌踏；

23-24& Step left forward to slide on right diagonal, step on right sole, 1/2 turn left (facing 4:30), recover on right.

23-24& 左前踏右向对角线滑出，右掌踏，左转1/2 (面向4:30)，重心在右。

[25-32]: Step on soles diagonal, Slide forward, 1/8 turn

[25-32]：对角线脚掌踏步，向前滑步，转1/8

25&26& Step forward on left sole, step forward on right sole; step forward on left sole, step forward on right sole;

25&26& 左脚掌前踏，右脚掌前踏，左脚掌前踏，右脚掌前踏；

27&28& Step forward on left sole, step forward on right sole; step forward on left sole, step forward on right sole;

27&28& 左脚掌前踏，右脚掌前踏，左脚掌前踏，右脚掌前踏；

29-30 Step left forward to slide on right diagonal, step on right sole;

29-30 左前踏右向对角线滑出，右掌踏；

31-32& Step left forward to slide on right diagonal, step on right sole, 1/8 turn right (facing 6:00), touch left to right side.

31-32& 左前踏右向对角线滑出，右掌踏，右转1/8 (面向6:00)左在右旁点。

Tag1 32 counts

Tag1 32拍

[1-8]: 1/8 turn left (facing 10:30), Step forward, Cha Cha Cha shuffle

[1-8] : 左转1/8(面向10 : 30) , 前踏 , 恰恰

- 1-2 1/8 turn left, step left forward, step right forward;
1-2 左转1/8 , 左前踏 , 右前踏 ;
3&4 Step left forward, walk right on left heel, step left forward;
3&4 左前踏 , 右在左后跟步 , 左前踏 ;
5-6 Step right forward, 1/2 turn left,step left forward;
5-6 右前踏 , 左转1/2 , 左前踏 ;
7&8 Step right forward, walk left on right heel, step right forward.
7&8 右前踏 , 左在右后跟步 , 右前踏。

[9-16]: Step forward,Cha Cha Cha shuffle, 1/2 turn

[9-16] 前踏 , 恰恰步 , 转1/2

- 9-10 Step left forward,step right forward;
9-10 左前踏 , 右前踏 ;
11&12 Step left forward, walk right on left heel, step left forward;
11&12 左前踏 , 右在左后跟步 , 左前踏 ;
13-14 Step right forward, 1/2 turn left,step left forward;
13-14 右前踏 , 左转1/2 , 左前踏 ;
15&816 Step right forward, walk left on right heel, step right forward.
15&816 右前踏 , 左在右后跟步 , 右前踏。

[17-24]: Step side on sole, Cross & touch forward

[17-24] 脚掌旁踏 , 交叉前点

- 19-20 Step left to left side, cross & touch right to left forward;
19-20 左向左旁踏 , 右在左前交叉点地 ;
21&22& Step right on right sole, close left sole to right side,Step right on right sole, close left sole to right side;
21&22& 右掌右旁踏 , 左掌并右旁 , 右掌右旁踏 , 左掌并右旁 ,
23-24 Step right on right sole,cross & touch left to right forward;
23-24 右向右旁踏 , 左在右前交叉点地

[25-32] : Spiral 360, Cross to touch forward

[25-32] : 转体360 , 交叉前点

- 25-26-27-28 1/4 turn left, step left forward,1/2 turn left,step right backward,1/4 turn left,step left to left side,cross & touch right left forward;
25-26-27-28 左转1/4左前踏 , 左转1/2右后踏 , 左转1/4左向左旁踏 , 右在左前交叉点地 ;
29-30-31-32 1/4 turn left, step left forward,1/2 turn left,step right backward,1/4 turn left,step left to left side,cross & touch right to left forward;
29-30-31-32 左转1/4左前踏 , 左转1/2右后踏 , 左转1/4左向左旁踏 , 右在左前交叉点地 ;

Tag2: 16 counts

Tag2: 16拍

[1-8] : Step side, Cross & Touch backward

[1-8] : 旁踏 , 交叉后点

- 1&2-3-4 Step left to left side,cross & touch right to left backward,2-3-4 hold;
1&2-3-4 左向左旁踏 , 右在左后交叉点 , 2-3-4保持 ;
5&6-7-8 Step right to right side,cross & touch left to right backward;6-7-8 hold.
5&6-7-8 右向右旁踏 , 左在右后交叉点 , 6-7-8保持。

[9-16]: Step side, Cross & Touch backward

[9-16] : 旁踏 , 交叉后点

- 9&10-11-12 Step left to left side,cross & touch right to left backward,2-3-4 hold;
9&10-11-12 左向左旁踏 , 右在左后交叉点 , 2-3-4保持 ;
13&14-15-16 Step right to right side,cross & touch left to right backward;6-7-8 hold.
13&14-15-16 右向右旁踏 , 左在右后交叉点 , 6-7-8保持。

Ending : 8

结束句 : 8拍

- 1&2& 1/2 turn right, step on right sole on right side, close left sole to right side,step on right sole on right side, close left sole to right side;
- 1&2& 右转1/2，右脚掌向右旁踏，左脚掌并右旁，右脚掌向右旁踏，左脚掌并右旁；
- 3-4 Step on right sole on right side,cross & touch left to right forward;
- 3-4 右脚掌向右旁踏，左在右前交叉点地，
- 5-6-7-8 90 turn left & step left forward,180 turn left & step right backward,90 turn left & step left to left side, step right forward.
- 5-6-7-8 左转90左前踏，左转180右后踏，左转90左向左旁踏，右向前踏。

Please refer to the videa for details of arms movement.

上身动作参考视频

This is a traditional Chinese folk art , is a state-level non-material cultural heritage protection project , Music rhythm and lively melody , Footsteps lightly , Unique style.
