

Crossroads Of My Life (我人生的十字路口) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數:
編舞者: Oliver Neundorf (DE) - 2021年03月
音樂: Crossroads - Andy Nickel



注: 舞会在64次之后开始, 用这首歌

Touch behind, pivot ½ r, step, pivot ½ r, shuffle forward, step, pivot ¼ l

- 1-2 Tap right toe behind left foot - ½ turn to the right on both balls, weight at the end on the right (6:00)
3-4 Step forward with left - ½ turn to the right on both balls, weight at the end on the right (12:00)
5&6 Step forward with left - put right foot next to left and step forward with left
7-8 Step forward with right - ¼ turn to the left on both balls, weight at the end on the left (9:00)
1-2 左脚后的右趾 — 两个球向右转1/2, 右端重量(6:00) 向前
3-4 步, 左 — 2/2在两个包上向右转, 在右端重量(12:00)
5&6 左前步 — 左边右脚, 左前步 向前
7-8 步, 向右 — 两个包向左转1/4, 左端重量(9:00)

Shuffle across, rock side, shuffle across, ¼ turn l, close

- 1&2 Cross right foot far over left - small step to the left with left and right foot far over left
3-4 Step left with left - weight back on right foot
5&6 Cross left foot well over right - cross small step to the right with right and left foot far over right
7-8. ¼ turn counterclockwise and step backwards with right - put left foot on right (6:00)
左上1&2横向右脚 — 向左小步, 左右脚向左远
左3-4步, 左 — 右脚重量
5&6 左脚右移很远 — 右移很小的步距, 右脚和左脚右移很远
7-8. 1/4逆时针旋转, 右向后退 — 右左脚(6:00)

Walk 2-out-out-in-in, back 2, rock back

- 1-2 2 steps forward (r - l)
&3 Take a small step to the right with the right and to the left with the left
&4 Step back to the starting position with right and left foot next to right
5-6 2 steps backwards (r - l)
7-8 Step backwards with the right - weight back on the left foot
1-2 2步前进(r-l)
从右向右、左向左、左向右迈出一小步(&3)
向后退到起始位置(&4), 右脚和左脚旁边是右脚
5-6 2步向后(r - l)
7-8 向右退一步 — 重量向左退

Step, pivot ½ l, step, pivot ¼ l, out, out, in, back

- 1-2 Step forward with right - ½ turn to the left on both balls, weight at the end on the left (12:00)
3-4 Step fwd with right - ¼ turn to the left on both balls, weight at the end on the left (9:00)
5-6 Step diagonally to the right in front with right - small step to the left with left (only put on the heel)
7-8 Step back to the starting position with right - step back with left

(End: The dance ends after '3-4' in the 15th round; at the end also on '4' a ½ turn to the left - 12:00)

- 向前1-2步, 向右 — 两个包向左转1/2, 左端重量(12:00)
带右边的3-4步fwd — 两个包向左转1/4, 左边的尾部重量(9:00)

5-6 步向右前右右右 — 向左小步向左左 (仅在鞋跟上)

7-8 右退至起始位置 — 左退

(结束 : 在第15轮比赛中 , 舞蹈在"3-4"之后结束 ; 在结尾处也是"4" , 左转1/2 - 12:00)

Repeat until the end and have fun - #spassmachemusses

Day / bridge (after the end of the 12th round - 12 noon)

Hold 4

Hold 1-4 4 beats (keep dancing on 'Crossroads')

重复到结尾 , 玩得开心 — #spassmachemusses

标记/桥 (第12轮结束后 — 中午12时)

保持4

保持1-4 4节拍 (在"Crossroads"上继续跳舞)

Oliver Neundorf Address: Germany

Links: linedance-dj-olli@gmx.de <https://www.facebook.com/LinedanceDJolli/>

奥利弗·纽多夫(Oliver Neundorf)地址 : 德国

链接 : linedance-dj-olli@gmx.de <https://www.facebook.com/LinedanceDJolli/>
