

# The Legend of Wrangler (牧马人的传说) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 132      牆數: 2      級數: Phrased Advanced  
編舞者: Danping Chen (CN) - 2014年03月  
音樂: Mu Ma Ren De Chuan Shu (牧马人的传说) - Nigel (尼格尔)



表演团队: 中国浙江衢州排舞协会  
舞蹈顺序: A(32)\A\B(32)\B\C\A\B(32)\B\*结束  
Sequence: A(32) AB(32)BCAB(32)B\* Ending

前奏: 16  
Intro: 16 counts

Part A: 34 counts

A部份, 34拍

第一段: 右脚启动12点方向前进步、旁移动, 接摇椅步旁移

Sec1 forward, forward, side, together, side, together, forward, recover, back, back, side, together

1, 2      右脚前进一步, 左脚前进一步  
1, 2      step right forward, step left forward  
3&-4&      右脚旁一步左脚并, 右脚旁一步左脚并  
3&4&      Step right to right side, step left together, step right to right side, touch left together  
5, 6      左脚进一步, 右脚踏,  
5, 6,      step left forward, recover on right,  
7&8&      左退步, 右退步, 左脚旁一步, 点右并左  
7&8&      Step left back, Step right back, Step left to left side, touch right together

第二段: 右脚尖点地2次, 交叉步, 左脚尖点地2次、摇椅步

Sec2 touch, touch, behind, side, side, turn 1/2, touch, touch, diagonal, recover, touch

9, 10      右脚尖旁点地2次  
9, 10      touch right to right side twice  
11&-12      右脚后跨, 左脚旁一步、右旁跨一步, 左转身180度(6点)  
11&12      cross right behind left, Step left to left side, Step right to right side, turning 1/2 left. (6:00)  
13, 14      左脚尖旁点地2次  
13, 14      touch left to left side twice  
15&16      左脚右侧前方一步、右脚踏步、左脚旁点一步  
15&16      step/cross left to right diagonal, recover on right, touch left to left side

第三段: 点地轴转270、后退二步, 二个海岸步

Sec3 touch, together, turning 3/4, back, back, coaster step, turning 1/4, turn full

17-18      左脚点地一次, 外轴左转270度(9点), 落地并双脚  
17, 18      touch left to left side, step left together, turning 3/4 left. (9:00)  
19-20      右脚后退一步, 左脚后退一步  
19, 20      Step right back, Step left back,  
21&-22      右海岸步: 右脚退一步, 左脚并步、右脚前一步右转90度(面12:00)  
21&22      Step right back, step left together, Step right forward, turning 1/4 right (12:00)  
23&-24      左脚旁一步 右脚并步左转身360度 左脚前迈一步  
23&24      step left forward turning 1/4 right, step right together turning 1/2 right, step left forward turning 1/4 right

第四段: 右剪刀步、左剪刀步, 接2个海岸步转身

Sec 4 right scissor step, left scissor step, coaster step, coaster step turning 1/2.

25&26      右脚旁一步左脚并、右脚前跨左脚一步

- 25&26 Step right to right side, step left together , cross right over left.  
 27&28 左脚旁一步右脚并、左脚前跨右脚一步  
 27&28 Step left to left side, step right together, cross left over right  
 29&30 右脚退一步 , 左脚并步、右脚前一步  
 29&30 Step right back, step left together , Step right forward  
 31&32 左脚后退一步 右脚并步转身180度 左脚前迈一步 ( 6点 )  
 31&32 Step left back, step right together turning 1/2 left, step left forward ( 6:00 )  
 33&34 右脚前旁跟踢步 、 右脚后旁跨一步  
 33&34 Brush right forward, flick right back, touch/ cross right behind left.

**Part B: 34 counts**  
**B部份, 34拍**

**第一段：右横步,左横步，连续前进三连步脚，转身180**

**Sec1 side, behind, recover , side, behind, recover , forward, forward , forward, Left ½ pivot , recover , forward, forward ,**

- 1-2& 右脚旁一步，左脚后跨一步，右脚踏步  
 1, 2& Step right to right side, cross left behind right, recover on right.  
 3-4& 左脚旁一步、右脚后跨一步，左脚踏步  
 3, 4& Step left to left side, cross right behind left, recover on left.  
 5, 6 右脚前进一步、左脚前进一步  
 5, 6 step right forward, step left forward  
 7&-8& 右脚前进一步左转180 ( 6点 ) 、 左脚踏一步、右脚前进一步、左脚前进一步  
 7&, 8& step right forward , pivot Left ½ turn , recover on left , step right forward, step left forward ( 6 : 00 )

**第二段：右爵士盒步，右旁步左跨步、左爵士盒步，左旁步右跨步**

**Sec2 jazz box , side, behind , turn 1/4 , jazz box , turn 1/4 , side, behind**

- 9&-10& 右脚前进一步、左踏步、接右并步左前进一步，  
 9&10& Step right cross left, Step back on left foot, Step right together, Step left cross right  
 11, 12 右脚旁一步，左脚后跨一步  
 11, 12 Step right to right side, touch/ cross left behind right  
 13&-14& 左转90度，左脚前进一步、右踏步、接左并步右前进一步，  
 13&14& turn 1/4 left , Step left cross right , Step back on right foot , Step left together , Step right cross left  
 15, 16 左转90度，左脚旁一步，右脚后跨一步(12:00)  
 15, 16 turn 1/4 left , step left to left side, touch/ cross right behind left(12:00)

**第三段：二个前恰恰步接三连步，转身重复一次，变换方向**

**Sec3 turn 1/4 , shuffle, shuffle, pivot ½ turn , forward, forward, shuffle, turn 1/4 left ,shuffle, pivot Left ½ turn , forward, forward**

- 17&&-18&& 右转90度 ( 3点 ) 右脚前恰恰步，左脚前恰恰步  
 17&&18&& turn 1/4 right , right Forward shuffle , left Forward shuffle ( 3 : 00 )  
 19&-20& 右脚前进一步转身180左脚前踏步、右左前进连续2步 ( 9点 )  
 19&20& step right forward , pivot Left ½ turn , recover on left , step right forward, step left forward ( 9 : 00 )  
 21&&-22&& 右脚前恰恰步，左转90度 ( 6点 ) 继续左前恰恰步  
 21&&22&& right Forward shuffle , turn 1/4 left , left Forward shuffle ( 6 : 00 )  
 23&-24& 右脚前进一步、转身180左脚前踏步、右前进左前进连续2步 ( 12:00 )  
 23&24& step right forward , pivot Left ½ turn , recover on left , step right forward, step left forward ( 12:00 )

**第四段：右后跨步耸肩4次，接摇椅步，左后跨步耸肩，转身180碎肩**

**Sec4 behind, Shrug shoulders, chair step, behind, Shrug shoulders, turn 1/2 , bump shoulders**

- 25&-26& 右脚后跨一步、耸肩4次

25&26&	touch/ cross right behind left, Shrug the shoulders four times.
27&-28	右脚前旁一步、左踏步、右脚后旁跨一步
27&28	step right to right diagonal, recover on left , touch/ cross right behind left
29&-30&	右脚旁一步 , 左脚后跨一步 耸肩2次
29&30&	Step right to right side, cross left behind right, Shrug the shoulders twice.
31-32	左转身180度 , 左脚在前配合肩颤动 ( 碎肩 )
31, 32	turn 1/2 left , bump the shoulders
33, 34	继续碎肩颤动
33, 34	bump the shoulders

注明：最后的B部分，旋转360度至（12点），然后接跳结束部分的动作。

B\*：When you dance 31 count of the last Section B, turn full left ( 12:00 ) .

### Part C: 64 counts

C部份, 64拍(特别注明：此音乐段落节奏加快，节拍也随之加快)

第一段：右左（长靠）3步一点地，

Sec1 forward, recover, touch ,turning 1/4 , side, cross, recover, touch , side

1-2	右脚前进一步，左脚踏步，
1,2	step right forward, recover on left ,
3-4	右脚点地（脚尖扭转）向右转身90度、右脚旁一步
3,4	touch right in place, turning 1/4 right , Step right to right side(3:00)
5-6	左脚前跨一步、右踏步
5, 6	cross left over right, recover on right
7, 8	左脚点地（脚尖扭转）、左脚旁一步
7, 8	touch left in place, Step left to left side

第二段：右左（长靠）3步一点地，

Sec2 forward, recover, touch ,turning 1/4 , side, cross, recover, touch , side

9-10	右脚前进一步，左脚踏步，
9, 10	step right forward, recover on left
11-12	右脚点地（脚尖扭转）向右转身90度、右脚旁一步
11,12	touch right in place, turning 1/4 right , Step right to right side(6:00)
13-14	左脚前跨一步、右踏步
13, 14	cross left over right, recover on right
15, 16	左脚点地（脚尖扭转）、左脚旁一步
15, 16	touch left in place, Step left to left side

第三段：前后滑步

Sec3 cross, touch side , cross, touch side , behind, touch side , behind, touch side ,

17-18	右脚前跨一步，左脚旁点地一步
17,18	cross right over left, touch left to left side
19-20	左脚前跨一步，右脚旁点地一步
19,20	cross left over right, touch right to right side
21-22	右脚后跨一步、左脚旁点地一步
21,22	cross right behind left, touch left to left side
23,24	左脚后跨一步 右脚旁点地一步
23,24	cross left behind right, touch right to right side

第四段：摇篮马步（右脚前左脚后，两脚交叉，左右移动脚重心）

Sec4 rock step cross, recover , recover , recover , recover , recover

25-26	右脚前跨一步，左脚靠后，重心右重心左
25,26	rock step right cross left, recover on left
27-28	重心右重心左
25,26	recover on right , recover on left
29-30	重心右重心左

25,26 recover on right , recover on left  
31-32 重心右重心左  
25,26 recover on right , recover on left

**第五段--第八段：( 33--64拍 ) 重复一次 ( 1--32拍 ) 脚步和动作。**  
**Sec5-8 ( 33—64count ) repeat Sec1-4 ( 1—32count )**

**结束动作参考：**

**重复B部分的25--32拍舞步，然后高举双手向左连续转圈，最后定格。**

**Ending：repeat 25—32 count of Section B , open hands up , spiral five times turn left , Pose!!!**

**Enjoy!!!**

**动作参考：**

**Note: please refer to the video for Hand's movement**

<https://www.youtube.com/watch?v=65yPoBb6Rb8&feature=youtu.be>

<https://www.youtube.com/watch?v=q80velcKX30&feature=youtu.be>

[http://v.youku.com/v\\_show/id\\_XNjkwNTQ2MTQ4.html](http://v.youku.com/v_show/id_XNjkwNTQ2MTQ4.html)

<http://video.sina.com.cn/v/b/128604520-2750899474.html>

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