Dance Ladies' Dance (淑女排舞) (zh)

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Emily Woo (CAN) - 2009年02月
Music: Dance Little Lady Dance - Tina Charles

前奏： Start on vocal 唱歌起跳

第一段 Side Together, Cross Side Cross 右 併, 交叉交換, 左 併, 交叉交換

1-2 Step right foot to right side, step left foot next to right.
右足右踏, 左足併踏

3&4 Cross right foot over left, step left foot to left side, cross right foot over left. 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Step left foot to left side, step right foot next to left.
左足左踏, 右足併踏

7&8 Cross left foot over right, step right foot to right side, cross left foot over right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第二段 Right Side, Left Recover, ¼ Left Turn & Sit On Right, Left Back & Flick R Behind, Body Shake 右, 左, 1/4坐姿, 後 抬, 後, 搖擺

1 Step right foot to side (right hand throw straight up to right side with fingers stretched out, and look up to right hand, put left hand on waist).
右足右踏(右手向右上方伸直, 看右手, 左手放腰部)

2 Recover weight on left foot (put right hand on chest, look down to left). 左足回復(右手放胸, 往左下看)

3 Turn ¼ left and shift weight to right foot in a sitting position with left foot touch forward (right hand still on chest, left hand still on waist). 左轉90度重心在右足呈坐姿左足前點(右手仍放胸, 左手仍放腰)

4 Step left foot back while raising up the body and flick right foot behind at the same time, (right hand still on chest, left hand still on waist through to the 8th count). 左足後踏站立右足後抬(右手放胸, 左手放腰)

5 Step right foot next to left foot with both knees bent (right hand straight out pointing front, palm facing down).
右足併踏雙膝彎(右手伸向前, 手掌向下)

6&7&8 Shake body to right, left, right, left, right (sweep right hand from front to right side for a quarter-circle).
擺動身體-右, 左, 右, 左, 右(右手由前向右轉1/4圈)

第三段 Full Turn Left 左轉圈

1-8 Walk a big full circle to the left in a model style starting with right foot for 8 counts. 以模特兒走步方式, 由右腳起步左轉走一大圈

第四段 Right Shuffle Forward, Left Shuffle Forward 前交換, 前交換

1&2 Step right foot forward (diagonal to right), step left foot together, step right foot forward. 右足前踏(面向右斜角), 左足併踏, 右足前踏

(While doing the shuffle forward, cross both hands at waist level, palms up and extend both hands from front to sides.)
做前交換時, 雙手交叉在腰的高度, 手掌向上, 雙手由前伸向兩旁

3&4 Step left foot forward (square up), step right foot together, step left foot forward (return both hands to waist).
左足前踏(轉正), 右足併踏, 左足前踏(雙手放在腰部)

5&6 Repeat 1 & 2 (Right shuffle forward). 重覆1&2(前交換)

7&8 Repeat 3 & 4 (Left shuffle forward). 重覆3&4(前交換)

Ending: When the music begins to die down, you'll be walking the big circle to the left to the front wall. At the 8th count, raise up both hands above your head in a 'V' shape to pose.
結束 : 音樂漸漸結束時, 到走步大左轉面向前面牆, 第8拍雙手高舉呈V字型擺個姿勢結束