Hairspray (髮膠明星夢) (zh)

Count: 176 **Wand:** 1 **Ebene:** Phrased High Intermediate
Choreograf/in: Simon Ward (AUS) & Rachael McEnaney (USA) - 2012年07月
Musik: You Can't Stop The Beat - Nikki Blonsky, Zac Efron, Amanda Bynes, Elijah Kelley, John Travolta & Queen Latifah

A - 80 counts

第一段 **Lock step at 45 deg left, Lock step at 45 deg R**

1-4 Step right forward at 45 deg left, Lock/step left behind right, Step right forward, Hitch left knee turning a ¼ turn right 1.30
面向左斜45度右足前踏, 左足於右足後交叉踏, 右足前踏, 左膝抬右轉90度(面向1:30)

5-8 Step left forward, Lock/step right behind left, Step left forward, Hitch right knee turning ¼ turn left 10.30
左足前踏, 右足於左足後交叉踏, 左足前踏, 右膝抬左轉90度(面向10:30)

第二段 **Cross/rock, Hold, Recover, Hold, sailor ¼ turn right**

1-4 Cross/rock right over left, hold, Rock/recover weight back on left sweeping right foot around at 12.00, Hold
右足於左足前交叉下沉, 候, 左足回復右足繞至後, 候(面向12點鐘)

5-8 Cross right behind left starting ¼ turn right, step left next to right, step forward on right 3.00
右足於左足後交叉踏, 右轉90度左足併踏, 右足前踏(面向3點鐘)

第三段 **Fwd coaster step, Hold, Right coaster cross, Hold**

1-4 Step left forward, Step right beside left, Step left back, Hold 3.00
左足前踏, 右足併踏, 左足後踏, 候(面向3點鐘)

5-8 Step right back, Step left beside right, Cross/step right over left, Hold 3.00 右足後踏, 左足併踏, 右足於左足前交叉踏, 候(面向3點鐘)

第四段 **Left scissor step, Hold, ¾ turn left, R fwd, Pivot ¼ turn**

1-4 Step left to left side, Step right beside left, Cross/step left over right, Hold 3.00
左足左踏, 右足併踏, 左足於右足前交叉踏, 候(面向3點鐘)

5-8 Step right to right side turning ¼ turn left, Step left back turning ½ turn left, Step right forward, Pivot ¼ turn left taking weight onto left 3.00
右足右踏左轉90度, 左足後踏左轉180度, 右足前踏, 左軸轉90度重心在左足(面向3點鐘)

第五段 **Shuffle R fwd, ½ R shuffle back, ¼ R chasse right, Cross/rock L, Recover**

1&2 Step right slightly forward, Step left beside, Step right slightly forward 3.00 右足前踏, 左足併踏, 右足前踏(面向3點鐘)

3&4 Make a ½ turn right & step left slightly back, Step right beside left, Step left slightly back 9.00
右轉180度左足後踏, 右足併踏, 左足後踏(面向9點鐘)

5&6 Make a ¼ turn right & step right slightly right, Step left beside right, Step right slightly right 12.00
右轉90度右足右踏, 左足併踏, 右足右踏(面向12點鐘)

7-8 Cross/rock left over right, Rock/recover weight on right 12.00
左足於右足前交叉下沉, 右足回復(面向12點鐘)

(for alternate steps on shuffles do toe struts or step holds)
交換步要用趾踵步, 或踏步, 加候拍, 也可以

第六段 **¼ turn L shuffle L fwd, ½ L shuffle back, ¼ left chasse left, Cross/rock R, Recover**

1&2 Make a ¼ turn left & step left slightly forward, Step right beside left, Step left slightly forward 9.00
左轉90度左足前踏, 右足併踏, 左足前踏(面向9點鐘)

3&4 Make a ½ turn left & step right slightly back, Step left beside right, Step right slightly back 3.00
左轉180度右足後踏, 左足併踏, 右足後踏(面向3點鐘)

5&6 Make a ¼ turn left & step left slightly to left, Step right beside left, Step left slightly to left 12.00
左轉90度左足左踏, 右足併踏, 左足左踏(面向12點鐘)

7-8 Cross/rock right over left, Rock/recover weight onto left 12.00
右足於左足前交叉下沉, 左足回復(面向12點鐘)

(for alternate steps on shuffles do toe struts or step holds)
交換步要用趾踵步, 或踏步, 加候拍, 也可以

第七段 Side rock R, Recover, Rock R back, Recover, R fwd, ¼ pivot, R fwd, ¼ pivot

1-4 Rock/step right to right, Rock/recover weight onto left, Rock/step right back, Rock/recover weight onto left 12.00
右足右下沉, 左足回復, 右足後下沉, 左足回復(面向12點鐘)

5-8 Step right forward, Pivot ¼ left taking weight onto left, Step right forward, Pivot ¼ left taking weight onto left 6.00
右足前踏, 左軸轉90度重心在左足, 右足前踏, 左軸轉90度重心在左足(面向6點鐘)

第八段 Rock R fwd, Recover, Rock R back, Recover, R fwd, ¼ pivot, R fwd, ¼ pivot

1-4 Rock/step right forward, Rock/recover weight onto left, Rock/step right back, Rock/recover weight onto left 6.00
右足前下沉, 左足回復, 右足後下沉, 左足回復(面向6點鐘)

5-8 Step right forward, Pivot ¼ left taking weight onto left, Step right forward, Pivot ¼ left taking weight onto left 12.00
右足前踏, 左軸轉90度重心在左足, 右足前踏, 左軸轉90度重心在左足(面向12點鐘)

第九段 R toe strut, Rock L side, Recover, L toe strut, Rock R side, Recover

1-4 Touch right toe forward, Drop right heel taking weight onto right, Rock/step left to left, Recover weight onto right
右足趾前點, 右足踵踏重心在右足, 左足左下沉, 右足回復

5-8 Touch left toe forward, Drop left heel taking weight onto left, Rock/step right to right, Recover weight onto left
左足趾前點, 左足踵踏重心在左足, 右足右下沉, 左足回復

第十段 Jazz Box, Stomp R, Stomp L, Clap x 2

1-4 Cross/step right over left, Step left back, Step right slightly to right, Step left slightly forward 12.00
右足於左足前交叉踏, 左足後踏, 右足略右踏, 左足略前踏(面向12點鐘)

5-8 Stomp right slightly right, Stomp left slightly left, Clap hands twice like your brushing dirt of your hands 12.00
右足右重踏, 左足重踏, 雙手交叉拍兩次像在拍掉髒東西那樣(面向12點鐘)

B - 80 counts

第一段 Grapevine R, Hip roll L,R,L,R

1-4 Step right to right side, Step left behind right, Step right to right side, Touch left toe slightly to left 12.00
右足右踏, 左足於右足後踏, 右足右踏, 左足趾略左點(面向12點鐘)

5-8 Roll hips counter-clockwise left, right, left, right 12.00
逆時針轉臀-左, 右, 左, 右(面向12點鐘)

第二段 Grapevine L, Bend R knee, Bend L Knee shaking hands

1-4 Step left to left side, Step right behind left, Step left to left side, Touch right beside left 12.00
左足左踏, 右足於左足後踏, 左足踏, 右足併點(面向12點鐘)

5-8 Take weight onto right bending left knee, Hold, Take weight onto left bending right knee, Hold 12.00
(Shake hands like they are wet on counts 5-8)
重心在右足左膝彎曲, 候, 重心在左足右膝彎曲, 候
(擺動雙手, 就好像手濕濕的, 要把水甩掉的擺動)

第三段 ¼ turn, Touch, ¼ turn, Touch shimmying shoulders X 2

1-2 Step right forward turning ¼ turn left, Touch left beside right (Shimmy shoulders) 9.00
左轉90度右足前踏, 左足併點(搖擺雙肩)(面向9點鐘)

3-4 Step left to left turning ¼ turn left, Touch right beside left (Shimmy shoulders) 6.00
左轉90度左足左踏, 右足併點(搖擺雙肩)(面向6點鐘)

5-6 Step right forward turning ¼ turn left, Touch left beside right (Shimmy shoulders) 3.00
左轉90度右足前踏, 左足併點(搖擺雙肩)(面向3點鐘)

7-8 Step left to left turning ¼ turn left, Touch right beside left (Shimmy shoulders) 12.00
左轉90度左足左踏, 右足併點(搖擺雙肩)(面向12點鐘)

第四段 R side, Hold raising R arm, Point R hand to front, Hold, Bump hips R,L

1-4 Step right to right side, Hold while you raise right arm to right and above head (arm is straight) 12.00
右足右踏, 候(右手向右舉超過頭, 伸直)(面向12點鐘)

5-8 Lower right arm in front of you and point to the front, Hold, Bump hips right left 12.00
右手往前放並指向前, 候, 右推臀, 左推臀(面向12點鐘)

第五段 Triple steps x 4 turning 1/8 left

1&2 Step right slightly to right, Step in place left, right (right index & middle finger go across right eye) 12.00
右足略右踏, 左足踏, 右足踏(右食指跟中指呈剪刀狀從右眼前滑過)(面向12點鐘)

3&4 Step left slightly to left, Step in place right, left (left index & middle finger go across left eye) 12.00
左足略左踏, 右足踏, 左足踏(左食指跟中指呈剪刀狀從右眼前滑過)(面向12點鐘)

5&6 Turn 1/8 left Step right slightly to right, Step in place left, right (right arm moves in freestyle swim motion) 10.30
左轉45度右足略右踏, 左足踏, 右足踏(右手做自由式游泳動作)(面向10:30)

7&8 Step left slightly to left, Step in place right, left (left arm moves in freestyle swim motion) 10.30
左足略左踏, 右足踏, 左足踏(左手做自由式游泳動作)(面向10:30)

(for alternate steps on triple steps do toe struts or step, touches)
這段的三步做趾踵步, 或踏步, 或點, 都可以

第六段 1/8 turn R, Step R, Touch L, Step L, Touch R, Stomp R looking to front, Hold

1&2 Turn 1/8 left Step right slightly to right, Step in place left, right 9.00 (or step touch) (right hand hitch a ride)
左轉45度右足略右踏, 左足踏, 右轉45度右足右踏(右手做搭便車的手勢)(面向9點鐘)

3&4 Step left slightly to left, Step in place right, left 9.00 (left hand hitch a ride)
左足略左踏, 右足踏, 左足踏(左手做搭便車的手勢)(面向9點鐘)

5-8 Stomp right to right side looking to 12.00 wall, Hold (hands go out at waist height on stomp) 9.00
右足右重踏(面向12點鐘), 候(當重踏時, 雙手伸出至腰高度)(面向9點鐘)

第七段 Cross/rock L, Recover, Chasse left, Cross/rock R, Recover, Chasse right ¼ turn

1-2 Cross/rock left over right, Rock/recover weight onto right 9.00
左足於右足前交叉下沉, 右足回復(面向9點鐘)

3&4 Step left to left side, Step right beside left, Step left to left side 9.00 左足左踏, 右足併踏, 左足左踏(面向9點鐘)

5-6 Cross/rock right over left, Rock/recover weight onto left 9.00
右足於左足前交叉下沉, 左足回復(面向9點鐘)

7&8 Step right to right side, Step left beside right, Step right to right side turning ¼ turn right 12.00
右足右踏, 左足併踏, 右足右踏右轉90度 (面向12點鐘)

第八段 Step L fwd, ½ turn heel taps, Walk fwd R,L,R, kick left fwd

1-4 Step left forward, make a ½ turn right tapping heels 3 times finishing with weight on left 6.00
左足前踏, 右轉180度踵點三次, 最後重心在左足(面向6點鐘)

5-8 Step forward right, left, right, kick left forward 6.00
前走-右, 左, 右, 左足前踢(面向6點鐘)

第九段 L side, Cross/step, L side, Kick, R side, Cross/step, R side, Kick

1-4 Facing left corner step left to left side, Cross/step right over left, step left to left, kick right at 45 deg R 6.00
面向左斜角左足左踏, 右足於左足前交叉踏, 左足左踏, 右足右45度斜踢(面向6點鐘)

5-8 Facing right corner step right to right side, Cross/step left over right, Step right to right, kick left at 45 deg L 6.00
面向右斜角右足右踏, 左足於右足前交叉踏, 右足右踏, 左足左45度斜踢(面向6點鐘)

(These 8 counts are your tag. You repeat these steps at this stage of the dance on the 2nd and 3rd time you perform B)
最後這8拍是Tag, 當跳第二次及第三次B部份時, 要重覆跳這一段

第十段 L side, Cross/step, L side, Kick, R side, Cross/step, R side, ½ Hinge turn L stepping to left

1-4 Facing left corner step left to left side, Cross/step right over left, step left to left, kick right at 45 deg R 6.00
面向左斜角左足左踏, 右足於左足前交叉踏, 左足左踏, 右足右45度斜踢(面向6點鐘)

5-8 Step right to right side, Cross/step left over right, Step right to right, Make a ½ turn left on right & step left to left 12.00
右足右踏, 左足於右足前交叉踏, 右足右踏, 左轉180度左足左踏(面向12點鐘)

(The 1st time you perform B, Touch left beside right on count 8 to restart C facing the back wall)
B部份跳第一次時, 為接續C部份, 最後一拍左轉180度左足左踏改成左足併點, 面向6點鐘, 接著跳C部份

C - 16 counts

第一段 L side bump L, Hold, Bump R, Hold, Bump L, Hold, Bump R, Hold

1-4 Step left to left side bumping hips to left, Hold, Bump hips right, Hold 6.00 左足左踏左推臀, 候, 右推臀, 候(面向6點鐘)

5-8 Bump hips left, Hold, Bump hips right, Hold 6.00
左推臀, 候, 右推臀, 候(面向6點鐘)

第二段 Bump L, Hold, Bump R, Hold, Bump L, Bump R, Lock/step, ½ turn L

1-4 Bump hips left, Hold, Bump hips right, Hold 6.00
左推臀, 候, 右推臀, 候(面向6點鐘)

5-8 Bump hips left, Bump hips right, Lock/step left behind right, Pivot a ½ turn left on balls of feet taking weight onto right 12.00
左推臀, 右推臀, 左足於右足後踏, 左轉180度重心在**左**足(面向12點鐘)

Note: Don't be afraid of the size of this dance, the steps are quite simple and the music (once you know the song) guides you all the way.
You just need some energy to get through it. Have fun, relax and enjoy.
注意：不用害怕那麼多拍的舞步, 每個舞步都非常簡單, 只要聽熟音樂, 隨著音樂就會跳
重點在你要有體力跳完它, 很好玩的, 放輕鬆, 好好享受吧