Rapper's Delight (狂愛饒舌) (zh)

Count: 64 **Wall:** 2 **Level:** Advanced
Choreographer: Rachael McEnaney (USA) - 2010年01月
Music: Rapper's Delight - Grandmaster Flash, Sugarhill & The Sugarhill Gang : (4:01)

前奏： Count In: 16 counts from start of track (dance begins 16 counts BEFORE vocals start)

第一段 **Ball Cross, ¼ Turn L, R Hitch, Step Hitch With ¼ Turn L, Ball Step ¼ Pivot, R Cross, L Side, R Behind**
踏 交叉, 1/4, 抬, 抬帶1/4, 踏 轉1/4, 交叉, 側, 後

&1 Step ball of left to left side (&), cross right over left *as you put left arm down to left side palm flat facing forward looking left* (1) [12.00]
左足左踏, 右足於左足前交叉踏, 左手向左, 左手掌平於面向前, 看左方

2 Make ¼ turn left stepping left to left side (2) *bring right arm underneath left with right palm flat facing down (arms now crossed)* [9.00]左轉90度左足左踏, 右手在左手下, 右手掌平放, 雙手交叉

3 Flick right leg up behind *(as if kicking bum) bring back of hands towards eachother as if clapping back of hands together* (3) [9.00]
右腿後抬踢臀部雙手向後拍(面向9點鐘)

&4 Step down on right foot *hands slap down hitting opposite elbows* (&), make ¼ turn left hitching left knee *hands back to sides* (4) [6.00]
右足踏雙手互拍另一邊手肘, 左轉90度左肘抬手向側後方(面向6點鐘)

&56 Step down on ball of left (&), step right foot forward (5), pivot ¼ turn left (6) [3.00]
左足踏, 右足前踏, 左軸轉90度(面向3點鐘)

7&8 Cross right over left (7), step left to left side (&), cross right behind left (8) [3.00]
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏(面向3點鐘)

第二段 **Step Side L-R-L, Touch R, Step Side R, L Sailor Step, R Behind, ¼ Turn L, Close R 側踏-左, 右, 左, 點, 側, 水手步, 後, 1/4, 併**

&1 *Making fists with hands & elbows bent: lift right arm up (fist at head height)* (&), step left to left side *hit right hand down as if hitting a drum in front of chest* (1) [3.00]
雙手握拳手肘彎曲: 右手握拳舉高過頭, 左足左踏右手像打鼓姿勢放下(面向3點鐘)

&2 *(same with left arm) lift left arm up (fist at head height)* (&), step right to right side hit left *hand down as if hitting a drum* (2) [3.00]
(左手動作)左手握拳舉高過頭, 右足右踏左手像打鼓姿勢放下(面向3點鐘)

&3 *(same action with both arms) lift both arms up (fists at head height)* (&), step left to left side *hit both hands down as if hitting drum* (3) [3.00]
(雙手相同方向)雙手握拳舉高過頭, 左足左踏雙手像打鼓姿勢放下(面向3點鐘)

&4 *With elbows bent take both hands out to either side palms open* (&), touch right toe next to left *put both hands behind back* (4) [3.00]
手肘彎曲雙手向外手掌向上, 右足趾併點雙手放在後(面向3點鐘)

5&6& Step right to right side (5), cross left behind right (&), step right next to left (6), step left to left side (&) [3.00]
右足右踏, 左足於右足後交叉踏, 右足併踏, 左足左踏(面向3點鐘)

7&8 Cross right behind left (7), make ¼ turn left stepping forward on left (&), step right next to left (8) [12.00]
右足於左足後交叉踏, 左轉90度左足前踏, 右足併踏(面向12點鐘)

第三段 **Arm Movements – Both Arms: Fists Out, Circle In, Hands Together, R Hitch Step, Step Forward L, 3 Runs Back R-L-R, ½ Turning L Sailor.**
雙手動作:出拳, 繞圈, 手相疊, 右抬 踏, 後跑三次, 轉水手

1&2 With fists clenched elbows bent: lift both arms up fists at head height (1), circle both arms (from elbow to fist) in towards each other (&) continue circling arms in ending with left hand on top of right in front of chest (2) [12.00]
握緊雙拳手肘彎曲將握拳雙手舉過頭, 雙手都向內轉圈, 左手在右手上重疊著置於下巴前(面向12點鐘)

&3 Hitch right knee and hit knee with hands (still on top of each other) (&), step in place with right (3) [12.00]
右膝抬雙手拍抬膝(雙手重疊放一起), 右足踏(面向12點鐘)

&4 Take right fist back (as if doing 'hitch a ride') (&), step forward on left *drop right fist forward as if hitting drum* (4) [12.00]
抱緊右拳向後(好像駕馭一匹馬), 左足前踏右拳前打(像在打鼓)(面向12點鐘)

5&6 Step back on right (5), step back on left (&), step back on right (6) [12.00] 右足後踏, 左足後踏, 右足後踏(面向12點鐘)

7&8 Cross left behind right (7), make ¼ turn left stepping right next to left (&), make ¼ turn left stepping forward on left (8) [6.00]
左足於右足後交叉踏, 左轉90度右足併踏, 左轉90度左足前踏(面向6點鐘)

第四段 R Kick Step, L Back Rock, L Kick Step, R Touch To Side, Toe Switch L&R, Close R, Step L To Side, Close R
踢 踏 後下沉 回復, 踢 踏 點, 收點收點收, 左大步 併

1&2& Kick right foot forward (1), step right in place (&), rock back on ball of left (2), recover weight onto right (&) [6.00]
右足前踢, 右足踏, 左足後下沉, 右足回復(面向6點鐘)

3&4 Kick left foot forward (3), step left in place (&), touch right toe to right side (4), [6.00]
左足前踢, 左足踏, 右足趾右點(面向6點鐘)

&5&6 Step right next to left (&), touch left toe to left side (5), step left next to right (&), touch right toe to right side (6) [6.00]
右足併踏, 左足趾左點, 左足併踏, 右足趾右點(面向6點鐘)

&78 Step right next to left (&), take big step to left side with left (7), step right next to left (8) [6.00]
右足併踏, 左足左一大步, 右足併踏(面向6點鐘)

第五段 Step Side L, R Knee Hitch, Ball Stomp, Ball Step, Twist: Heel-Toe, Twist Both: Heels-Toes, L Hitch, R Point
左踏, 膝抬, 併 重踏, 併 踏, 踵趾旋轉, 雙踵趾旋轉, 抬, 點

1–2 Step left to left side (1) *(styling: roll right shoulder forward),* turn body to face diagonal (7.30) as you hitch right knee *slap right knee with left hand* (2) [7.30]
左足左踏(向前轉動右肩), 身體面向斜角(面向7:30)右膝抬左手拍右膝

&3&4 (still facing diagonal) Step right next to left (&), stomp left foot forward (no weight) (3), step left next to right (&), step forward on right (4) [7.30]
(仍面向斜角)右足併踏, 左足重踏(重心在右足), 左足併踏, 右足前踏(面向7:30)

5& Turn body to face front again as you twist left heel in towards right (5), twist left toe in towards right (&) [6.00]
身體面向前左足踵向右轉, 左足趾向右轉(面向6點鐘)

6& Twist both heels to right (6), twist both toes to right (&) [6.00]
雙足踵轉向右, 雙足趾轉向右(面向6點鐘)

7&8 Hitch left knee (7), cross left over right (&), touch right toe to right side (8) [6.00]
左膝抬, 左足於右足前交叉踏, 右足趾右點(面向6點鐘)

第六段 R Sailor Step, L Behind, ¼ Turn R, Step Fwd L, Push Off L Making ¼ Turn Right Stepping R, Close L, R Coaster Step
水手步, 後, 1/4, 踏, 左離地1/4右, 併, 海岸步

1&2 Cross right behind left (1), step left next to right (&), step right to right side (2), [6.00]
右足於左足後交叉踏, 左足併踏, 右足右踏(面向6點鐘)

3&4 Cross left behind right (3), make ¼ turn right stepping forward on right (&), step forward on left (4) [9.00]
左足於右足後踏, 右轉90度右足前踏, 左足前踏(面向9點鐘)

5-6 Make ¼ turn right pushing off left foot to step right to right side (5), step left next to right (6) [12.00]
右轉90度左足離地右足右踏, 左足併踏(面向12點鐘)

7&8 Step back on right (7), step left next to right (&), step forward on right (8) [12.00]
右足後踏, 左足併踏, 右足前踏(面向12點鐘)

第七段 Walk Forward L-R, Step Forward L, Pivot ½ Turn To Right, Syncopated Lock Steps Forward 走, 走, 踏 轉, 前鎖步-前鎖步-踏

1-2 Step forward on left (1), step forward on right (2) [12.00]
左足前踏, 右足前踏(面向12點鐘)

3-4 Step forward on left (3), pivot ½ turn right (4) [6.00]
左足前踏, 右軸轉180度(面向6點鐘)

5&6 Step forward on left (5), lock right behind left (&), step forward on left (6) [6.00]
左足前踏, 右足於左足後鎖踏, 左足前踏(面向6點鐘)

&7&8 Step forward on right (&), lock left behind right (7), step forward on right (&), step forward on left (no weight) (8) [6.00]
右足前踏, 左足於右足後鎖踏, 右足前踏, 左足前踏(重心仍在右足)(面向6點鐘)

第八段 Knee Pop, Toe Switch Forward R&L, Knee Pop, L Back, R Side, L Cross, R Side Rock Cross. 膝彈, 點收點收, 膝彈, 後, 側, 交叉, 側下沉 回復 交叉

&1 Lift heels off floor as you pop both knees forward (&), drop heels to floor (1) [6.00] 雙足踵抬起彈雙膝, 雙足踵踏(面向6點鐘)

&2&3 Step left next to right (&), touch right foot (whole of foot not toe) forward (2), step right next to left (&), touch left foot forward (3) [6.00]
左足併踏, 右足前點(整隻腳不是只有足趾), 右足併踏, 左足前點(面向6點鐘)

&4 Lift heels off floor as you pop both knees forward (&), drop heels to floor (4) [6.00] 雙足踵抬起彈雙膝, 雙足踵踏(面向6點鐘)

5&6 Step back on left (5), step right to right side (&), cross left over right (6) [6.00] 左足後踏, 右足右踏, 左足於右足前交叉踏(面向6點鐘)

7&8 Rock right to right side (7), recover weight onto left (&), cross right over left (8) [6.00]
右足右下沉, 左足回復, 右足於左足前交叉踏(面向6點鐘)