J Ho (貧民百萬富翁) (zh)

Compte: 64 **Mur:** 4 **Niveau:** Intermediate/Advanced

Chorégraphe: Maggie Gallagher (UK) - 2009年03月

Musique: Jai Ho! (You Are My Destiny) (feat. Nicole Scherzinger) - A. R. Rahman & The Pussycat Dolls

前奏： 32 counts (14 secs)

第一段	**Touch, Press, Heel Swivels, Kick, Cross, 3/4 Unwind, Left Ronde** **點, 壓, 踵旋轉, 踢, 交叉, 轉3/4, 左繞**
1,2	Touch right toe next to left, Press right toe forward on right diagonal (12.00) 右足趾併點, 右足趾斜角前點(面向12點鐘)
3,4	Swivel right heel out, Swivel right heel in 右足踵向外旋轉, 右足踵向內旋轉
5,6	Recover onto left kicking right foot forward on a right diagonal, Cross right over left 重心回左足右足前斜前踢, 右足於左足前交叉踏
7,8	Unwind 3/4 turn to left (keeping weight on right), Ronde sweep left toe behind right (3.00) 左轉270度重心在右足, 左足趾繞至右足後(面向3點鐘)
第二段	**Cross, Side, 1/2 Hinge-Chasse, 1/2 Hinge-Rock, Recover, Walks Forward 交叉, 側, 轉1/2併, 轉1/2下沉回復, 前走步**
1,2	Cross left behind right, Step right to right side 左足於右足後交叉踏, 右足右踏
3&4	1/2 hinge turn to right stepping left to left side, Step right beside left, Step left to left side (9.00) 右轉180度左足左踏, 右足併踏, 左足左踏(面向9點鐘)
5,6	1/2 hinge turn right rocking out to right side, Recover onto left (3.00) 右轉180度右足右下沉, 左足回復(面向3點鐘)
7,8	Walk forward right, Walk forward left 右足前走, 左足前走
第三段	**Out-Out, Rock Back, Recover, Side, Point Back, Unwind 1/2 Left, Walks R, L 外-外, 後下沉回復, 側踏, 後點, 左轉1/2, 走步**
&1	Stomp out to right side, Stomp out to left side (feet shoulder width apart) 右足右重踵, 左足左重踏(雙足與肩同寬)
Optional arms: 手勢	Right arm is raised and pointing towards the right diagonal. The right palm is facing away and is vertical. 右手抬高伸向右斜角前點, 右手掌面向外, 向上呈垂直狀 The left arm is horizontal and crossed in front of the chest. The left palm is also vertical and facing right. 左手抬高平行放於胸前, 左手掌面向右, 向上呈垂直狀
2,3	Rock back diagonally on right, Recover onto left 右足後斜角下沉, 左足回復
4	Step to right side 右足右踏
5,6	Point left toe back, Unwind 1/2 turn to left placing weight on left (9.00) 左足趾後點, 左繞轉180度重心在左足(面向9點鐘)
7,8	Walk forward right, Walk forward left 右足前走, 左足前走
第四段	**Out-Out, Rock Back, Recover, Side, Point Back, Unwind 1/2 Left, Walks R, L 外-外, 後下沉回復, 側踏, 後點, 左轉1/2, 走步**

&1 Stomp out to right side, Stomp out to left side (feet shoulder width apart) 右足右重踵, 左足左重踏(雙足與肩同寬)

Optional arms: 手勢 Right arm is raised and pointing towards the right diagonal. The right palm is facing away and is vertical. 右手抬高伸向右斜角前點, 右手掌面向外, 向上呈垂直狀
The left arm is horizontal and crossed in front of the chest. The left palm is also vertical and facing right 左手抬高平行放於胸前, 左手掌面向右, 向上呈垂直狀

2,3 Rock back diagonally on right, Recover onto left
右足後斜角下沉, 左足回復

4 Step to right side 右足右踏

5,6 Point left toe back, Unwind 1/2 turn to left placing weight on left (3.00) 左足趾後點, 左繞轉180度重心在左足(面向3點鐘)

7,8 Walk forward right, Walk forward left 右足前走, 左足前走

第五段 Toe-Tap Turn, Heel Tap, Hold, Indian Heel Rocks, Together-Flick
趾點轉, 踵點, 候, 印第安踵下沉, 併輕抬

1,2,3 Make 1/2 turn left whilst tapping right toe out (tap, tap), Tap right heel forward (9.00)
左轉180度右足趾右點二次, 右足踵前點(面向9點鐘)

4 HOLD 候

5 Drop right toes down whilst rocking forward onto right foot and raising left heel 右足前下沉(右足趾前點, 左足踵抬起)

6 Drop left heel down whilst rocking back onto left foot and raising right toes 左足回復(左足踵踏, 右足趾抬起)

7 Drop right toes down whilst rocking forward onto right foot and raising left heel 右足前下沉(右足趾前點, 左足踵抬起)

8 Step left next to right whilst flicking right foot back (9.00)
左足併踏右足後輕抬(面向9點鐘)

Optional arms: 1-8拍手勢 The right arm is horizontal and pointing to the right side. The left arm is crossed in front of the chest. The middle finger and thumb are touching on each hand.
右手平行向右抬起, 左手交叉於胸前, 中指與拇指在每一拍互相接觸

第六段 Step, 1/2 Pivot Left, Step, Hold, Full Turn Right, Step Left, 1/2 Pivot Right 踏, 左轉1/2, 踏, 候, 右轉圈, 踏, 右轉1/2

1,2 Step forward on right, 1/2 pivot turn left (3.00)
右足前踏, 左軸轉180度(面向3點鐘)

3,4 Step forward on right, HOLD 右足前踏, 候

5,6 1/2 turn right stepping back on left, 1/2 turn right stepping forward on right (9.00) 右轉180度左足後踏, 右轉180度右足前踏(面向9點鐘)

7,8 Step forward on left, 1/2 pivot turn right (3.00)
左足前踏, 右軸轉180度(面向3點鐘)

TAG & RESTART: DURING wall 3 Dance up to count 44, then, whilst facing the (9.00) wall (dance steps as follows)
加拍及從頭起跳：第三面牆跳至第六段4拍後, 面向9點鐘時改跳下列4拍後從頭起跳

5,6 Walk forward L,R 左足前走, 右足前走

7,8 Walk Forward Left, Point right to right side
左足前走, 右足右點

Optional arms: 1-8拍手勢 ((count 8 only) as S5:Arms) 同第5段的手勢

(Then restart the dance from the BEGINNING) 從頭起跳

第七段 Cross, Point, Cross, Point, Cross, Side Bump Right, Hip Bumps L, R, L 交叉, 點, 交叉, 點, 交叉, 側推臀, 推臀-左, 右, 左

1,2 Cross left over right, Point right to right side
左足於右足前交叉踏, 右足右點

3,4 Cross right over left, Point left to left side
右足於左足前交叉踏, 左足左點

5	Cross left over right 左足於右足前交叉踏
Optional arms: 1-5拍手勢	Put arms straight down with palms facing ground and bounce shoulders in time with the steps as if bouncing balls. 雙手伸直放下, 手掌面向地面, 在每一拍時聳動肩膀
6	Step right to right side bumping hips to right side 右足右踏右推臀
7&8	Bump hips L, R, L (9.00) 推臀-左, 右, 左(面向9點鐘)
Optional arms: 6-8拍手勢	Arms are bent at the elbow with closed palms facing yourself. The clenched fists are alternately pushed up & down in opposite motion to the hip bumps, i.e. left fist raised while right hip bumps right. 雙手肘彎曲手掌緊握面向自己, 握緊拳頭雙手上下推動臀部以相反方向擺動

第八段	**Left Cross, Diagonal Toe Press, Heel Taps, Right Jazz With Left Cross 左交叉, 斜角趾壓, 踵點二次, 右爵士方塊交叉**
1,2	Cross right over left, Press left toe forward on left diagonal (heel raised) 右足於左足前交叉踏, 左足趾斜角前點足踵抬起
3,4	Tap left heel twice (leaving it down on the second tap) 左足踵點二次(第二次點後維持動作)
5,6	Cross right over left, Step back on left, 右足於左足前交叉踏, 左足後踏
7,8	Step right to right side, Cross left over right (9.00) 右足右踏, 左足於右足前交叉踏(面向9點鐘)