Just Dance (舞力全開) (zh)

Compte: 64 **Mur:** 2 **Niveau:** Intermediate/Advanced
Chorégraphe: Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年07月
Musique: Just Dance - Lady Gaga

前奏： Start 32 counts on verse vocals

第一段 **L fwd, R touch together, R back, L heel forward, L back, R fwd, ½ left pivot turn, ½ left & R back, L coaster step**
踏, 併點-後-踵-收, 踏 轉 轉, 海岸步

1-2 Step L forward, touch R together
左足前踏, 右足併點

&3& Step R back, touch L heel forward, step L back
右足後踏, 左足踵前點, 左足後踏

4 -5-6 Step R forward, pivot ½ left, turning ½ left step R back
右足前踏, 左軸轉180度, 左軸轉180度右足後踏

7&8 Step L back, step R together, step L forward (12 o'clock)
左足後踏, 右足併踏, 左足前踏(面向12點鐘)

第二段 **R fwd, hold, L together, R forward, ¼ L knee hitch, hip bumps L & R, L sailor step 前踏, 候 併 踏, 1/4膝抬 左推臀 右推臀, 水手步**

1-2& Step R forward, hold, step L together
右足前踏, 候, 左足併踏

3-4 Step R forward, turning ¼ right hitch L knee up
右足前踏, 右轉90度左膝抬

5-6 Step L to side bumping hips L, bump hips R (weight ends on R)
左足左踏左推臀, 右推臀(重心在右足)

7&8 Cross step L behind R, step R side, step L slightly forward (3 o'clock)
左足於右足後交叉踏, 右足右踏, 左足略前踏(面向3點鐘)

Final Wall (8th Wall): Change counts 7&8 to cross step L behind R, step R to R side, turn ¼ R step L forward
結束(第八面牆) 將第8拍改成右轉90度左足前踏, 面向前面結束

第三段 **R fwd, L touch together, L back, R heel forward, R back, L fwd, ½ right pivot turn, ½ right & L back, ¼ right & R side, cross L over R 前踏, 併點 後踏 踵 收, 踏 轉 轉, 1/4 交叉**

1-2 Step R forward, touch L together 右足前踏, 左足併點

&3& Step L back, touch R heel forward, step R back
左足後踏, 右足踵前點, 右足後踏

4-6 Step L forward, pivot ½ right, turning ½ right step L back
左足前踏, 右軸轉180度, 右轉180度左足後踏

7-8 Turning ¼ right step R to R side, cross step L over R (6 o'clock)
右轉90度右足右踏, 左足於右足前交叉踏(面向6點鐘)

第四段 **R side rock & recover, R behind side cross, L side rock & recover, L coaster step 右下沉 回復, 後 旁 前, 左下沉 回復, 海岸步**

1-2 Rock R side, recover weight on L
右足右下沉, 左足回復

3&4 Cross step R behind L, step L side, cross step R over L
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Rock L side, recover weight on R
左足左下沉, 右足回復

7&8 Step L back, step R together, step L forward (6 o'clock)
左足後踏, 右足併踏, 左足前踏(面向6點鐘)

TAG/RESTART here DURING 2nd wall (at this point you will be facing front wall.) Do the 4 count tag below and restart the dance.
第二面牆跳至此面向前面牆時, 加4拍後從頭起跳

1-4 Step R forward, strike a pose and hold for 3 counts
右足前踏, 停3拍

第五段 Walk forward R & L, ¼ L ball cross, ¼ left & R back, ¼ left & L side rock & recover, L sailor step
走 走, 1/4 交叉, 1/4 1/4下沉 回復, 水手步

1-2 Step R forward, step L forward
右足前踏, 左足前踏

&3-4 Turning ¼ left step R slightly back, cross step L over R, turning ¼ left step R back
左轉90度右足略後踏, 左足於右足前交叉踏, 左轉90度右足後踏

5-6 Turning ¼ left rock L to left side, recover weight on R
左轉90度左足左下沉, 右足回復

7&8 Cross step L behind R, step R side, step slightly forward (9 o'clock)
左足於右足後交叉踏, 右足右踏, 左足略前踏(面向9點鐘)

第六段 R fwd press & recover, R coaster step, L & R side switches, L fwd, hold, R together 壓 回, 海岸步, 點 收 點 收, 踏, 候 併

1-2 Press R forward, recover weight on L
右足前壓踏, 左足回復

3&4 Step R back, step L together, step R forward
右足後踏, 左足併踏, 右足前踏

5&6& Touch L to side, step L together, touch R to side, step R together
左足左點, 左足併踏, 右足右點, 右足併踏

7-8& Step L forward, hold, step R together (9 o'clock)
左足前踏, 候, 右足併踏(面向9點鐘)

第七段 L syncopated jazz box, R touch & kick, R coaster step
變奏爵士方塊, 點 踢, 海岸步

1-2 Step L forward, cross step R over L
左足前踏, 右足於左足前交叉踏

3&4 Step L back, step R side, step L slightly forward
左足後踏, 右足右踏, 左足略前踏

5-6 Touch R together, kick R forward on right diagonal
右足併點, 右足右斜角前踢

7&8 Step R back, step L together, step R forward (9 o'clock)
右足後踏, 左足併踏, 右足前踏(面向9點鐘)

第八段 L fwd dip & twist ¼ R with R flick/heel grind, ¼ R sweeping coaster, L fwd, ½ right pivot turn, ½ right & L back, ¼ right & R forward
踏蹲, 右1/4帶勾或踵轉, 右/4繞海岸步, 踏 轉, 1/2 1/4

1 Step L forward (optional as you step forward bend both knees & dip down slightly)
左足前踏(可選擇彎雙膝呈蹲狀)

2 Pivot ¼ right (optional as you pivot bring yourself back up) and flick your R foot out to diagonal/or grind R heel
右軸轉90度右足向斜角勾(或右足踵轉)

3&4 Turning ¼ right sweep R behind L & step R back, step L together, step R forward 右轉90度右足向後繞踏, 左足併踏, 右足前踏

5-6 Step L forward, pivot ½ right
左足前踏, 右軸轉180度

7-8 Turning ½ right step L back, turning ¼ right step R forward (6 o'clock)
右轉180度左足後踏, 右轉90度右足前踏(面向6點鐘)