Hello Dolly (我愛紅娘) (zh)

Compte: 32 **Mur:** 2 **Niveau:** Improver
Chorégraphe: Lorraine Kurtela (USA) - 2010年05月
Musique: Hello Dolly! - Bobby Darin

第一段 **Sway R/L ~ Side Close Side ~ Sway L/R ~ Side Close Side**
右擺臀, 左擺臀, 右追步, 左擺臀, 右擺臀, 左追步

1–2 Step R foot to right, swaying hips right; Step L foot to left, swaying hips left 右足右踏右擺臀, 左足左踏左擺臀

3&4 Step R foot to right; Step L foot beside R; Step R foot to right
右足右踏, 左足併踏, 右足右踏

5–6 Step L foot to left, swaying hips left; Step R foot to right, swaying hips right 左足左踏左擺臀, 右足右踏右擺臀

7&8 Step L foot to left; Step R foot beside L; Step L foot to left
左足左踏, 右足併踏, 左足左踏

第二段 **Syncopated Weave ~ Rumba Box**
變奏藤步, 倫巴方塊

1–2 Cross R foot in front of L; Step L foot side left
右足於左足前交叉踏, 左足左踏

3&4 Cross R foot behind L foot; Step L foot side left; Cross R foot in front of 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 Step L foot side left; Step R foot beside L; Step L foot forward
左足左踏, 右足併踏, 左足前踏

7&8 Step R foot side right; Step L beside R; Step R foot back
右足右踏, 左足併踏, 右足後踏

第三段 **Coaster Step ~ Walk Walk ~ Forward Rock ~ Side Rock ~ Back Rock Step**
海岸步, 走 走, 下沉 回復, 右下沉 回復, 後曼波

1&2 Turn 1/8 right, stepping back on L; Step R foot beside L; Step L forward (facing 1 o'clock)
右轉45度左足後踏, 右足併踏, 左足前踏(面向1點鐘)

3–4 Walk R foot forward; Walk L foot forward (still facing 1 o'clock)
右足前走, 左足前走(面向1點鐘)

5& Rock forward on R foot; Return wt. to L foot
右足前下沉, 左足回復

6& Turn 1/8 right, rocking R foot to R; Return wt. to L foot (facing 3 o'clock) 右轉45度右足右下沉, 左足回復(面向3點鐘)

7&8 Rock back on R foot; Return wt. to L foot; Step R foot forward
右足後下沉, 左足回復, 右足前踏

第四段 **Walk Walk ~ Forward ¼ Cross ~ Side Cross Side Cross**
走 走, 踏 1/4 交叉, 右 交叉 右 交叉

1–2 Walk L foot forward; Walk R foot forward
左足前走, 右足前走

3&4 Step L forward; Pivot ¼ right, taking wt. on R foot; Cross L foot in front of right (facing 6 o'clock)
左足前踏, 右轉90度重心在右足, 左足於右足前交叉踏

5–8	Step R foot to right; Cross L in front of R; Step R foot to right; Cross L in front of R These 4 walks to the right are done with a R hip lead and bent knees, stepping first onto the ball of the foot before releasing heel to floor. - Think of strutting across the floor with major Broadway flair. 右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏 最後這向右移動的四拍動作, 以右推臀彎膝的方式進行, 右踏都以踵離地的方式舞動, 試著以百老匯歌舞劇的表演來詮釋