When I Grow Up (只要我長大) (zh)

Compte: 64 **Mur:** 2 **Niveau:** Intermediate
Chorégraphe: Neville Fitzgerald (UK) & Julie Harris (UK) - 2008年08月
Musique: When I Grow Up - The Pussycat Dolls

前奏： Starts: 32 Counts

第一段 **Walk, Walk, Walk, Sailor 1/2, Step, 1/2, Sailor 1/4 Cross.**
走, 走, 走, 1/2水手, 踏, 1/2, 水手 1/4 交叉

1-3 Walk forward Left-Right-Left. 前走步-左, 右, 左

4&5 Make 1/4 turn to Right stepping Right behind Left, 1/4 turn Right stepping Left next to Right, step forward on Right.
右轉90度右足於左足後踏, 右轉90度左足併踏, 右足前踏

6-7 Step forward on Left, make 1/2 turn to Left stepping back on Right.
左足前踏, 左轉180度右足後踏

8&1 Make 1/4 turn to Left stepping Left behind Right, step Right next to Left, cross Left over Right.
左轉90度左足於右足後踏, 右足併踏, 左足於右足前交叉踏

第二段 **Slow Unwind 1/2 Turn, Sailor 1/2 , Rock, Recover, Lock Step Back.**
慢繞轉1/2, 水手1/2, 下沉回復, 後鎖步

2-3 Unwind 1/2 to Right over 2 counts finishing with weight on Left.
以2拍右繞180度最後重心在左足

4&5 Sweep Right out & step behind Left making 1/4 turn Right, 1/4 turn Right stepping Left next to Right, step forward on Right.
右足繞至左足後右轉90度, 右轉90度左足併踏, 右足前踏

6-7 Rock forward on Left, recover on Right. 左足前下沉, 右足回復

8&1 Step back on Left, lock Right over Left, step back on Left.
左足後踏, 右足於左足前鎖踏, 左足後踏

第三段 **1/2, 1/4, Right Shuffle, Step, 1/4 , Cross Shuffle.**
1/2, 1/4, 右交換, 踏, 1/4, 交叉交換

2-3 Make 1/2 turn to Right stepping forward on Right, 1/4 turn Right stepping Left to Left side. 右轉180度右足前踏, 右轉90度左足左踏

4&5 Step forward on Right, step Left next to Right, step forward on Right.
右足前踏, 左足併踏, 右足前踏

6-7 Step forward on Left, pivot 1/4 turn to Right. (weight Right)
左足前踏, 右轉90度重心在右足

8&1 Cross step Left over Right, step Right to Right side, cross step Left over Right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第四段 **1/4 , 1/4 , Rock & Side, Cross, 1/4, 1/2 Shuffle.**
1/4, 1/4, 下沉 & 側, 交叉, 1/4, 1/2 交換

2-3 Make 1/4 turn to Left stepping back on Right, 1/4 turn Left stepping Left to Left side. 左轉90度右足後踏, 左轉90度左足左踏

4&5 Cross rock Right over Left, recover on Left, step Right to Right side.
右足於左足前交叉下沉, 左足回復, 右足右踏

6-7 Cross step Left over Right, make 1/4 turn to Left stepping back on Right.
左足於右足前交叉踏, 左轉90度右足後踏

8&1 Make 1/4 turn to Left stepping Left to Left side, 1/4 turn Left stepping Right next to Left, step forward on Left.
左轉90度左足左踏, 左轉90度右足併踏, 左足前踏

<u>**R** Restart: Wall 5, Dance Up To & Including Counts 8& In Section 4 (32&) Then Restart Dance From Beginning (1)</u> 第五面牆跳到8&時從頭起跳

第五段 **Out, Out, Right Heel, Left Heel, Hold, Both Heels, Step.**
外, 外, 右踵, 左踵, 候, 雙踵, 踏

2-3 Step forward & out on Right, step forward & out on Left. (Feet shoulder width, toes pointing out..ish) 右足向外前踏, 左足向外前踏(與肩同寬)

&4 Lift Right heel as Right knee pops slightly out, replace Right heel.
右足踵抬起右膝蓋略向外弓起, 右足踵回復

&5-6 Lift Left heel as Left knee pops slightly out, replace Left heel, Hold.
左足踵抬起左膝蓋略向外弓起, 左足踵回復, 候

&7-8 Lift both heels as both knees pop out, replace both heels, step Right next to Left 雙足踵抬起雙膝蓋弓向外, 雙足踵回復, 右足併踏

第六段 **Step, 1/2 Pivot, Step, Kick & Step, Slide, 1/2 Turn, Hitch.**
踏, 轉1/2, 踏, 踢 & 踏, 滑, 轉1/2, 勾

1-3 Step forward on Left, pivot 1/2 turn to Right, step forward on Left.
左足前踏, 右轉180度, 左足前踏

4&5 Kick Right forward, step Right next to Left, step forward on Left.
右足前踢, 右足併踏, 左足前踏

6-8 Slide Right foot back (weight Left.. dipping slightly), pivot 1/2 turn to Right (weight on Left.. knee bent) Hitch Right forward. (leaning slightly back)
右足滑向後(重心在左足), 右轉180度(重心在左足, 彎膝), 右足前勾(身體向後)

第七段 **Step, Rock & Side, Rock & 1/4 , Step, Full Turn.**
踏, 下沉 & 側, 下沉 & 1/4, 踏, 轉圈

1 Step forward on Right. 右足前踏

2&3 Cross rock Left over Right, recover on Right, step Left to Left side.
左足於右足前交叉踏, 右足回復, 左足左踏

4&5 Cross rock Right over Left, recover on Left, make 1/4 turn to Right stepping forward on Right.
右足於左足前交叉下沉, 左足回復, 右轉90度右足前踏

6-8 Step forward on Left, pivot 1/2 turn to Right, make 1/2 turn to Right stepping Left next to Right.
左足前踏, 右轉180度, 右轉180度左足併踏

第八段 **1/2 Monterey, Rock & Cross, 1/4, 1/2, Ball Step, Step.**
蒙特瑞轉1/2, 下沉 & 交叉, 1/4, 1/2, 踏, 踏

1-2 Point Right to Right side, make 1/2 turn to Right stepping Right next to Left. 右足右點, 右轉180度右足併踏

3&4 Rock to Left side on Left, recover on Right, cross step Left over Right.
左足左下沉, 右足回復, 左足於右足前交叉踏

5-6 Make 1/4 turn to Left stepping back on Right, 1/2 turn to Left stepping forward on Left. 左轉90度右足後踏, 左轉180度左足前踏

&7-8 Step Right next to Left, step forward on Left, step forward on Right.
右足併踏, 左足前踏, 右足前踏