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| Hairspray (髮膠明星夢) (zh) |  |

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| **拍数:** | 176 | **墙数:** | 1 | **级数:** | Phrased High Intermediate | . |
| **编舞者:** | Simon Ward (AUS) & Rachael McEnaney (USA) - 2012年07月 | | | | |
| **音乐:** | You Can't Stop The Beat - Nikki Blonsky, Zac Efron, Amanda Bynes, Elijah Kelley, John Travolta & Queen Latifah | | | | |
| . | | | | | | |

**A - 80 counts**

**第一段**

**Lock step at 45 deg left, Lock step at 45 deg R**

**1-4**

**Step right forward at 45 deg left, Lock/step left behind right, Step right forward, Hitch left knee turning a ¼ turn right 1.30**

**面向左斜45度右足前踏, 左足於右足後交叉踏, 右足前踏, 左膝抬右轉90度(面向1:30)**

**5-8**

**Step left forward, Lock/step right behind left, Step left forward, Hitch right knee turning ¼ turn left 10.30**

**左足前踏, 右足於左足後交叉踏, 左足前踏, 右膝抬左轉90度(面向10:30)**

**第二段**

**Cross/rock, Hold, Recover, Hold, sailor ¼ turn right**

**1-4**

**Cross/rock right over left, hold, Rock/recover weight back on left sweeping right foot around at 12.00, Hold**

**右足於左足前交叉下沉, 候, 左足回復右足繞至後, 候(面向12點鐘)**

**5-8**

**Cross right behind left starting ¼ turn right, step left next to right, step forward on right 3.00**

**右足於左足後交叉踏, 右轉90度左足併踏, 右足前踏(面向3點鐘)**

**第三段**

**Fwd coaster step, Hold, Right coaster cross, Hold**

**1-4**

**Step left forward, Step right beside left, Step left back, Hold 3.00**

**左足前踏, 右足併踏, 左足後踏, 候(面向3點鐘)**

**5-8**

**Step right back, Step left beside right, Cross/step right over left, Hold 3.00  右足後踏, 左足併踏, 右足於左足前交叉踏, 候(面向3點鐘)**

**第四段**

**Left scissor step, Hold, ¾ turn left, R fwd, Pivot ¼ turn**

**1-4**

**Step left to left side, Step right beside left, Cross/step left over right, Hold 3.00**

**左足左踏, 右足併踏, 左足於右足前交叉踏, 候(面向3點鐘)**

**5-8**

**Step right to right side turning ¼ turn left, Step left back turning ½ turn left, Step right forward, Pivot ¼ turn left taking weight onto left 3.00**

**右足右踏左轉90度, 左足後踏左轉180度, 右足前踏, 左軸轉90度重心在左足(面向3點鐘)**

**第五段**

**Shuffle R fwd, ½ R shuffle back, ¼ R chasse right, Cross/rock L, Recover**

**1&2**

**Step right slightly forward, Step left beside, Step right slightly forward 3.00  右足前踏, 左足併踏, 右足前踏(面向3點鐘)**

**3&4**

**Make a ½ turn right & step left slightly back, Step right beside left, Step left slightly back 9.00**

**右轉180度左足後踏, 右足併踏, 左足後踏(面向9點鐘)**

**5&6**

**Make a ¼ turn right & step right slightly right, Step left beside right, Step right slightly right 12.00**

**右轉90度右足右踏, 左足併踏, 右足右踏(面向12點鐘)**

**7-8**

**Cross/rock left over right, Rock/recover weight on right 12.00**

**左足於右足前交叉下沉, 右足回復(面向12點鐘)**

**(for alternate steps on shuffles do toe struts or step holds)**

**交換步要用趾踵步, 或踏步, 加候拍, 也可以**

**第六段**

**¼ turn L shuffle L fwd, ½ L shuffle back, ¼ left chasse left, Cross/rock R, Recover**

**1&2**

**Make a ¼ turn left & step left slightly forward, Step right beside left, Step left slightly forward 9.00**

**左轉90度左足前踏, 右足併踏, 左足前踏(面向9點鐘)**

**3&4**

**Make a ½ turn left & step right slightly back, Step left beside right, Step right slightly back 3.00**

**左轉180度右足後踏, 左足併踏, 右足後踏(面向3點鐘)**

**5&6**

**Make a ¼ turn left & step left slightly to left, Step right beside left, Step left slightly to left 12.00**

**左轉90度左足左踏, 右足併踏, 左足左踏(面向12點鐘)**

**7-8**

**Cross/rock right over left, Rock/recover weight onto left 12.00**

**右足於左足前交叉下沉, 左足回復(面向12點鐘)**

**(for alternate steps on shuffles do toe struts or step holds)**

**交換步要用趾踵步, 或踏步, 加候拍, 也可以**

**第七段**

**Side rock R, Recover, Rock R back, Recover, R fwd, ¼ pivot, R fwd, ¼ pivot**

**1-4**

**Rock/step right to right, Rock/recover weight onto left, Rock/step right back, Rock/recover weight onto left 12.00**

**右足右下沉, 左足回復, 右足後下沉, 左足回復(面向12點鐘)**

**5-8**

**Step right forward, Pivot ¼ left taking weight onto left, Step right forward, Pivot ¼ left taking weight onto left 6.00**

**右足前踏, 左軸轉90度重心在左足, 右足前踏, 左軸轉90度重心在左足(面向6點鐘)**

**第八段**

**Rock R fwd, Recover, Rock R back, Recover, R fwd, ¼ pivot, R fwd, ¼ pivot**

**1-4**

**Rock/step right forward, Rock/recover weight onto left, Rock/step right back, Rock/recover weight onto left 6.00**

**右足前下沉, 左足回復, 右足後下沉, 左足回復(面向6點鐘)**

**5-8**

**Step right forward, Pivot ¼ left taking weight onto left, Step right forward, Pivot ¼ left taking weight onto left 12.00**

**右足前踏, 左軸轉90度重心在左足, 右足前踏, 左軸轉90度重心在左足(面向12點鐘)**

**第九段**

**R toe strut, Rock L side, Recover, L toe strut, Rock R side, Recover**

**1-4**

**Touch right toe forward, Drop right heel taking weight onto right, Rock/step left to left, Recover weight onto right**

**右足趾前點, 右足踵踏重心在右足, 左足左下沉, 右足回復**

**5-8**

**Touch left toe forward, Drop left heel taking weight onto left, Rock/step right to right, Recover weight onto left**

**左足趾前點, 左足踵踏重心在左足, 右足右下沉, 左足回復**

**第十段**

**Jazz Box, Stomp R, Stomp L, Clap x 2**

**1-4**

**Cross/step right over left, Step left back, Step right slightly to right, Step left slightly forward 12.00**

**右足於左足前交叉踏, 左足後踏, 右足略右踏, 左足略前踏(面向12點鐘)**

**5-8**

**Stomp right slightly right, Stomp left slightly left, Clap hands twice like your brushing dirt of your hands 12.00**

**右足右重踏, 左足重踏, 雙手交叉拍兩次像在拍掉髒東西那樣(面向12點鐘)**

**B - 80 counts**

**第一段**

**Grapevine R, Hip roll L,R,L,R**

**1-4**

**Step right to right side, Step left behind right, Step right to right side, Touch left toe slightly to left 12.00**

**右足右踏, 左足於右足後踏, 右足右踏, 左足趾略左點(面向12點鐘)**

**5-8**

**Roll hips counter-clockwise left, right, left, right 12.00**

**逆時針轉臀-左, 右, 左, 右(面向12點鐘)**

**第二段**

**Grapevine L, Bend R knee, Bend L Knee shaking hands**

**1-4**

**Step left to left side, Step right behind left, Step left to left side, Touch right beside left 12.00**

**左足左踏, 右足於左足後踏, 左足踏, 右足併點(面向12點鐘)**

**5-8**

**Take weight onto right bending left knee, Hold, Take weight onto left bending right knee, Hold 12.00**

**(Shake hands like they are wet on counts 5-8)**

**重心在右足左膝彎曲, 候, 重心在左足右膝彎曲, 候**

**(擺動雙手, 就好像手濕濕的, 要把水甩掉的擺動)**

**第三段**

**¼ turn, Touch, ¼ turn, Touch shimmying shoulders X 2**

**1-2**

**Step right forward turning ¼ turn left, Touch left beside right (Shimmy shoulders) 9.00**

**左轉90度右足前踏, 左足併點(搖擺雙肩)(面向9點鐘)**

**3-4**

**Step left to left turning ¼ turn left, Touch right beside left (Shimmy shoulders) 6.00**

**左轉90度左足左踏, 右足併點(搖擺雙肩)(面向6點鐘)**

**5-6**

**Step right forward turning ¼ turn left, Touch left beside right (Shimmy shoulders) 3.00**

**左轉90度右足前踏, 左足併點(搖擺雙肩)(面向3點鐘)**

**7-8**

**Step left to left turning ¼ turn left, Touch right beside left (Shimmy shoulders) 12.00**

**左轉90度左足左踏, 右足併點(搖擺雙肩)(面向12點鐘)**

**第四段**

**R side, Hold raising R arm, Point R hand to front, Hold, Bump hips R,L**

**1-4**

**Step right to right side, Hold while you raise right arm to right and above head (arm is straight) 12.00**

**右足右踏, 候(右手向右舉超過頭, 伸直)(面向12點鐘)**

**5-8**

**Lower right arm in front of you and point to the front, Hold, Bump hips right left 12.00**

**右手往前放並指向前, 候, 右推臀, 左推臀(面向12點鐘)**

**第五段**

**Triple steps x 4 turning 1/8 left**

**1&2**

**Step right slightly to right, Step in place left, right (right index & middle finger go across right eye) 12.00**

**右足略右踏, 左足踏, 右足踏(右食指跟中指呈剪刀狀從右眼前滑過)(面向12點鐘)**

**3&4**

**Step left slightly to left, Step in place right, left (left index & middle finger go across left eye) 12.00**

**左足略左踏, 右足踏, 左足踏(左食指跟中指呈剪刀狀從右眼前滑過)(面向12點鐘)**

**5&6**

**Turn 1/8 left Step right slightly to right, Step in place left, right (right arm moves in freestyle swim motion) 10.30**

**左轉45度右足略右踏, 左足踏, 右足踏(右手做自由式游泳動作)(面向10:30)**

**7&8**

**Step left slightly to left, Step in place right, left (left arm moves in freestyle swim motion) 10.30**

**左足略左踏, 右足踏, 左足踏(左手做自由式游泳動作)(面向10:30)**

**(for alternate steps on triple steps do toe struts or step, touches)**

**這段的三步做趾踵步, 或踏步, 或點, 都可以**

**第六段**

**1/8 turn R, Step R, Touch L, Step L, Touch R, Stomp R looking to front, Hold**

**1&2**

**Turn 1/8 left Step right slightly to right, Step in place left, right 9.00 (or step touch) (right hand hitch a ride)**

**左轉45度右足略右踏, 左足踏, 右轉45度右足右踏(右手做搭便車的手勢)(面向9點鐘)**

**3&4**

**Step left slightly to left, Step in place right, left 9.00 (left hand hitch a ride)**

**左足略左踏, 右足踏, 左足踏(左手做搭便車的手勢)(面向9點鐘)**

**5-8**

**Stomp right to right side looking to 12.00 wall, Hold (hands go out at waist height on stomp) 9.00**

**右足右重踏(面向12點鐘), 候(當重踏時, 雙手伸出至腰高度)(面向9點鐘)**

**第七段**

**Cross/rock L, Recover, Chasse left, Cross/rock R, Recover, Chasse right ¼ turn**

**1-2**

**Cross/rock left over right, Rock/recover weight onto right 9.00**

**左足於右足前交叉下沉, 右足回復(面向9點鐘)**

**3&4**

**Step left to left side, Step right beside left, Step left to left side 9.00  左足左踏, 右足併踏, 左足左踏(面向9點鐘)**

**5-6**

**Cross/rock right over left, Rock/recover weight onto left 9.00**

**右足於左足前交叉下沉, 左足回復(面向9點鐘)**

**7&8**

**Step right to right side, Step left beside right, Step right to right side turning ¼ turn right 12.00**

**右足右踏, 左足併踏, 右足右踏右轉90度 (面向12點鐘)**

**第八段**

**Step L fwd, ½ turn heel taps, Walk fwd R,L,R, kick left fwd**

**1-4**

**Step left forward, make a ½ turn right tapping heels 3 times finishing with weight on left 6.00**

**左足前踏, 右轉180度踵點三次, 最後重心在左足(面向6點鐘)**

**5-8**

**Step forward right, left, right, kick left forward 6.00**

**前走-右, 左, 右, 左足前踢(面向6點鐘)**

**第九段**

**L side, Cross/step, L side, Kick, R side, Cross/step, R side, Kick**

**1-4**

**Facing left corner step left to left side, Cross/step right over left, step left to left, kick right at 45 deg R 6.00**

**面向左斜角左足左踏, 右足於左足前交叉踏, 左足左踏, 右足右45度斜踢(面向6點鐘)**

**5-8**

**Facing right corner step right to right side, Cross/step left over right, Step right to right, kick left at 45 deg L 6.00**

**面向右斜角右足右踏, 左足於右足前交叉踏, 右足右踏, 左足左45度斜踢(面向6點鐘)**

**\*\*(These 8 counts are your tag. You repeat these steps at this stage of the dance on the 2nd and 3rd time you perform B)\*\***

**最後這8拍是Tag, 當跳第二次及第三次B部份時, 要重覆跳這一段**

**第十段**

**L side, Cross/step, L side, Kick, R side, Cross/step, R side, ½ Hinge turn L stepping to left**

**1-4**

**Facing left corner step left to left side, Cross/step right over left, step left to left, kick right at 45 deg R 6.00**

**面向左斜角左足左踏, 右足於左足前交叉踏, 左足左踏, 右足右45度斜踢(面向6點鐘)**

**5-8**

**Step right to right side, Cross/step left over right, Step right to right, Make a ½ turn left on right & step left to left 12.00**

**右足右踏, 左足於右足前交叉踏, 右足右踏, 左轉180度左足左踏(面向12點鐘)**

**\*(The 1st time you perform B, Touch left beside right on count 8 to restart C facing the back wall)\***

**B部份跳第一次時, 為接續C部份, 最後一拍左轉180度左足左踏改成左足併點, 面向6點鐘, 接著跳C部份**

**C - 16 counts**

**第一段**

**L side bump L, Hold, Bump R, Hold, Bump L, Hold, Bump R, Hold**

**1-4**

**Step left to left side bumping hips to left, Hold, Bump hips right, Hold 6.00  左足左踏左推臀, 候, 右推臀, 候(面向6點鐘)**

**5-8**

**Bump hips left, Hold, Bump hips right, Hold 6.00**

**左推臀, 候, 右推臀, 候(面向6點鐘)**

**第二段**

**Bump L, Hold, Bump R, Hold, Bump L, Bump R, Lock/step, ½ turn L**

**1-4**

**Bump hips left, Hold, Bump hips right, Hold 6.00**

**左推臀, 候, 右推臀, 候(面向6點鐘)**

**5-8**

**Bump hips left, Bump hips right, Lock/step left behind right, Pivot a ½ turn left on balls of feet taking weight onto right 12.00**

**左推臀, 右推臀, 左足於右足後踏, 左轉180度重心在左足(面向12點鐘)**

**Note: Don’t be afraid of the size of this dance, the steps are quite simple and the music (once you know the song) guides you all the way.**

**You just need some energy to get through it. Have fun, relax and enjoy.**

**注意：不用害怕那麼多拍的舞步, 每個舞步都非常簡單, 只要聽熟音樂, 隨著音樂就會跳**

**重點在你要有體力跳完它, 很好玩的, 放輕鬆, 好好享受吧**