Midnight Hour (zh)

拍数: 0 **墙数:** 4 **级数:** Intermediate/Advanced

编舞者: Judy McDonald (CAN), Guyton Mundy (USA) & Will Craig (USA)

音乐: Midnight Hour (feat. Estelle) - Talib Kweli & Hi-Tek

前奏： start on the word “I’m”

Part A A部份 the verse (woman is singing) 女生獨唱部份

第一段 **R triple side, L rock back, L kick ball change x 2**

1&2 Step R to side (1), step L beside right (&), step R to side (2),
右足右踏, 左足併踏, 右足右踏

3 4 step back on ball of L (3), recover R (4),
左足於右足後下沉, 右足回復

5&6 kick L forward (5), step L back (&), step R in place (6),
左足前踢, 左足後踏, 右足踏

7&8 kick L forward (7), step L back (&), step R in place (8)
左足前踢, 左足後踏, 右足踏

第二段 **L triple side, R rock back, R kick ball change x 2**

1&2 Step L to side (1), step R beside left (&), step L to side (2),
左足左踏, 右足併踏, 左足左踏

3 4 step back on ball of R (3), step L in place (4),
右足於左足後下沉, 左足回復

5&6 kick R forward (5), step R back (&), step L in place (6),
右足前踢, 右足後踏, 左足踏

7&8 kick R forward (7), step R back (&), step L in place (8)
右足前踢, 右足後踏, 左足踏

第三段 **R triple forward, L rock forward, L triple back, R triple back (optional full turn)**

1&2 Step R forward (1), step L together (&), step R forward (2),
右足前踏, 左足併踏, 右足前踏

3 4 step L forward (3), recover R (4),
左足前下沉, 右足回復

5&6 step L back (5), step R beside left (&), step L back (6),
左足後踏, 右足併踏, 左足後踏

7&8 step R back (7), step L beside right (&), step R back (8)
右足後踏, 左足併踏, 右足後踏
you can make an optional full turn left on the back triples
進階版：後交換可以改成左轉圈

第四段 **Walk back L, R, L, R, L step side, hip roll**

1-4 Step back L (1), step back R (2), step back L (3), step back R (4),
後走步-左, 右, 左, 右
optional shimmy on the back walks 後走時可以雙肩抖動

5-8 step L to side (5), roll hips (6,7,8)…end with weight on left;
左足左踏, 以3拍轉臀, 結束時重心在左足

第五段 **R box with brush, L box with brush**

1-4 Step R across left (1), step L back (2), step R to side (3) brush L forward (4), 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前刷

5-8 step L across right (5), step R back (6), step L to side (7), brush R forward (8) 左足於右足前交叉踏, 右足後踏, 左足左踏, 右足前刷

第六段 **Walk forward R, L (optional full turn touch steps), R, L, R, L**

1-4 Step R forward, Hold(1,2), step L forward, Hold (3,4)
右足前踏, 候, 左足前踏, 候
you can do an optional full turn left by doing two touch steps on the first 4 counts 進階版:以點轉兩次方式轉圈

5-8 step R forward (5), step L forward (6), step R forward (7),
step L forward (8) 前走步-右, 左, 右, 左

第七段 **R side, L together, R side, L touch, L side, R together, L side, R touch**

1-4 Step R to side (1), step L beside right (2), step R to side (3), touch L beside right (4), 右足右踏, 左足併踏, 右足右踏, 左足併點

5-8 step L to side (5), step R beside left (6), step L to side (7), touch R beside left (8) 左足左踏, 右足併踏, 左足左踏, 右足併點

第八段 **Hip roll making ½ turn left**

1-8 Roll hips while making a ½ turn left (1-8)…slow & sexy…take your time!
以8拍慢慢地, 很性感地, 以轉臀方式左轉180度

Part B B部份 the rap part! Rap部份

第一段 **R kick step, L lock step, L kick step, R lock step, Shorty George, R step side**

1&2& Kick R forward (1), step R forward (&), step L behind right (2), step R in place (&), 右足前踢, 右足前踏, 左足於右足後踏, 右足踏

3&4& kick L forward (3), step L forward (&), step R behind left (4), step L in place (&) 左足前踢, 左足前踏, 右足於左足後踏, 左足踏

5&6 Kick R diagonal (5), step R forward (&), step L forward (6),
右足斜角踢, 右足前踏, 左足前踏

7&8 step R forward (7), step L forward (&), step R to side (8)
右足前踏, 左足前踏, 右足右踏
these steps are small with knees together and bent
5-8拍前踏以雙膝合併略彎方式前走

第二段 **Hand work, Turn head L, turn upper body L, turn lower body L, step R forward**

1&2& Lift arms to shoulder height, bent at elbows with palms down with left on top of right (1), lift L palm up at wrist (&), lift R palm up at wrist (2)…palms are now facing each other, replace L palm to facing down position (&),
雙手舉至肩高, 手肘彎向內手掌向下, 左手在右足之上; 左手掌由手腕部舉起; 右手掌由手腕部舉起, 此時雙手掌面對面; 左手掌向下

3&4 place R palm on top of left (3), straighten arms out in front of you with palms down (&) pull arms in at sides making fists with palms facing up (4) 右手掌在左手之上; 雙手伸向前手掌向下; 雙手以拳頭方式朝上收回兩側

5-8 Turn head L (5), turn upper body L (6), turn lower body L bending knees (7), step R forward (8)
頭轉向左, 上半身轉向左, 下半身轉向左彎膝, 右足前踏

第三段 **L kick forward & step, R kick forward & step, L kick side & step, R kick side & step, L step side, R together, L step side, R touch**

1&2& Kick L forward (1), step L beside right (&), kick R forward (2), step R beside left (&), 左足前踢, 左足併踏, 右足前踢, 右足併踏

3&4& kick L to side (3), step L beside right (&), kick R to side (4), step R beside left (&) 左足左踢, 左足併踏, 右足右踢, 右足併踏

5-8 Large step L to side (5), step R beside left (6), large step L to side (7), touch R beside left (8)
左足左一大步, 右足併踏, 左足左一大步, 右足併點

第四段 **R triple back, L triple back ¼ turn, Slap hips front and back, sway hips R, L**

1&2 Step R back (1), step L beside right (&), step R back (2),
右足後踏, 左足併踏, 右足後踏

3&4 step L back (3), step R beside left (&), step L back making ¼ turn left (4)…feet will be apart
左足後踏, 右足併踏, 左足後踏左轉90度(雙腳分開)

5&6& Slap R fist on front of right hip (5), slap L fist on front of left hip (&), slap R hand on back of right hip (6), slap L hand on back of left hip (&),
右拳在右臀前拍, 左拳在左臀前拍, 右手在右臀後拍, 左手在左臀後拍

7 8 sway hips R (7), sway hips L (8)…weight is on left
右擺臀, 左擺臀(重心在左足)

Part C C部份 the "oooooh" part! 開始唱"oooooh"的部份

第一段 R rock forward & sweep step, L mambo side & touch

1-4 Step R forward (1), recover L (2), sweep R to back (3), step R behind left (4), 右足前踏, 左足回復, 右足繞至後, 右足於左足後踏

5-8 step L to side (5), step R in place (6), step L beside right (7), touch R beside left (8), 左足左踏, 右足踏, 左足併踏, 右足併點

第二段 R mambo side & touch, L&R step touch

1-4 step R to side (1), step L in place (2), step R beside left (3), touch L beside right (4), 右足右踏, 左足踏, 右足併踏, 左足併點

5-8 step L beside right (5), touch R beside left (6), step R beside left (7), touch L beside right (8)
左足併踏, 右足併點, 右足併踏, 左足併點

第三段 L rock forward & sweep step, R mambo side & touch

1-4 Step L forward (1), recover R (2), sweep L to back (3), step L behind right (4), 左足前踏, 右足回復, 左足繞至後, 左足於右足後踏

5-8 step R to side (5), step L in place (6), step R beside left (7), touch L beside right (8), 右足右踏, 左足踏, 右足併踏, 左足併點

第四段 L mambo side & touch, R&L step touch

1-4 step L to side (1), step R in place (2), step L beside right (3), touch R beside left (4), 左足左踏, 右足踏, 左足併踏, 右足併點

5-8 step R beside left (5), touch L beside right (6), step L beside right (7), touch R beside left (8) 右足併踏, 左足併點, 左足併踏, 右足併點

Part D D部份 the part that's left! 其他部份

第一段 R step side, shoulder isolation, hold, head flick, chug L x 4

1 2& Step R to side (1), push shoulders forward (2), pull shoulders back (&),
右足右踏, 雙肩推向前, 雙肩推向後

3&4 hold (3) bend head to left as if trying to touch ear to shoulder (&), raise head (4), 候, 把頭彎向左(耳朵碰肩), 頭抬回

5-8 rotate ¼ turn L on left foot while sliding R foot on floor with each count (5,6,7,8) 重心在左足, 拖右足4拍左轉90度

第二段 Repeat above 8 counts

(this time your feet are already apart so just do an extra chug on count 1 then continue) 因為雙腳已分開站立, 所以第1拍多一個僵屍走步

BIG FINISH!
(Listed as B- in the sequence) The dance will end 4 counts before the end of Part B. You will do the two triples back and when you make the ¼ turn left (on count 4), just stop moving…strike a pose!
結束時, 剛好在B部份第四段的前4拍, 在第4拍左轉90度後擺個姿勢結束舞曲