Playboy (花花公子) (zh)

拍數: 64 **牆數:** 2 **級數:** Intermediate

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音樂: So Many Girls - Usher

第一段 **Step-Touch, Knee pop, Touch-Step, Side Step, Body Pop, And Heel And Step 踏-點, 膝彈, 點-踏, 側踏, 身體彈, 併踵收踏**

1 – 2 Step R out to R side (drag L toward R), Touch L beside R
右足右踏(左足拖併), 左足併點

&3&4 Pop Knees out, Knees back to center, Touch R out to R, Step R beside L 膝彈向外, 膝彈回正, 右足右點, 右足併踏

&5&6 Step L to L side, Touch R beside L, Pop upper body up, Body back to center 左足左踏, 右足併點, 身體向上抬, 身體回復(重心在右足)
***Weight transfers to R when you pop body back to center**

&7&8 Step slightly back on L, Place R heel forward, Step down on R, Step L forward and slightly across R, (slightly turned to your R diagonal)
左足略後踏, 右足踵前點, 右足踏, 左足面向右斜角於右足前交叉踏

第二段 **Hip Bump, Pelvic Thrust x2 , Fwd Rock, Side Rock, Weave ½ Turn L**
推臀, 抬臀二次, 下沉 回復 右下沉 回復, 1/2轉藤步

1-&-2 Step R to R bumping hip R, Bump hips L, Bump Hips R (end in a sit position)
右足右踏右推臀, 左推臀, 右推臀(以坐姿結束)

&3&4 Push pelvis up, Back to sit position, Push pelvis up, Back to sit position (weight needs to go to L foot here)
臀部上推, 回坐姿, 臀部上推, 回坐姿(重心在左足)

5&6& Cross rock R over L, Recover back on L, Rock R out to R, Recover on L 右足於左足前交叉下沉, 左足回復, 右足右下沉, 左足回復

7-&-8 Step R behind L, ¼ Turn L stepping L forward, ¼ Turn L stepping R to R side 右足於左足後踏, 左轉90度左足前踏, 左轉90度右足右踏

第三段 **Ball Diagonal Steps Traveling Forward x2, Touch-Touch, ¼ Turn L Sailor**
併 斜角前踏 併踏總共二次, 點 點, 1/4轉水手

&-1-2 Step L next to R, Step R forward towards R diagonal, Step L next to R turning toward your L diagonal
左足併踏, 右足右斜角前踏, 左足併踏面向左斜角

&-3-4 Small step back on R, Step L forward towards L diagonal, Step R foot next to L turning back to your R diagonal
右足略後踏, 左足左斜角前踏, 右足併踏面向右斜角

5 – 6 Touch L forward/across R, Touch L out to L side (Center back up to facing wall) 左足於右足前交叉點, 左足左點(轉正背對前面牆, 面向6點鐘)

7-&-8 Step L behind R, ¼ Turn L stepping R to R side, Step L down in place
左足於右足後踏, 左轉90度右足右踏, 左足踏

第四段 **Out-Out-And-Cross Traveling to R x2, ½ Turn, ¼ Turn, R Coaster Step**
大-大-併-交叉 二次, 1/2, 1/4, 海岸步

&1&2 Step R to R, Step L to L, Step R in towards L, Cross L over R
右足右踏, 左足左踏, 右足併踏, 左足於右足前交叉踏

&3&4 Step R to R, Step L to L, Step R in towards L, Cross L over R
右足右踏, 左足左踏, 右足併踏, 左足於右足前交叉踏
*Travel to the R as you do these out/out and crosses 動作向右移

5 – 6 ½ Turn R, ¼ Turn R, (Leave both feet on floor to do these weight ends on L) 右轉180度, 右轉90度(雙腳分開, 重心在左足)

7-&-8 Step R back, Step L back, Step R forward
右足後踏, 左足後踏, 右足前踏

RESTART:
You will do 64, 64, TAG 1, TAG 2, 64, 64, then the first 32 counts….then RESTART!
* Weight will be on R, after R coaster, but do a quick ball step on L then step to R! 照舞步順序跳到此時, 7&8海岸步結束時, 加&拍左足踏, 接續第1拍右足右踏從頭起跳

第五段 **Step Touch Behind, Step Touch Side, Out-Out-Cross, Side R Shuffle**
踏 後點, 踏 點, 大 大 交叉, 側交換

1 – 2 Step L to L side, Touch R toe behind L 左足左踏, 右足趾後點
Arm(optional) 手勢1&2
Punch L arm up (closed fist) as you step L to side, Punch R arm up (closed fist) as you drop L arm beside L hip, Bring R arm down to meet L at hip as you touch R
握拳舉高左手, 握拳舉高右手左手放下, 右手放下

3 – 4 Step R to R side, Touch L beside R 右足右踏, 左足併點
Arm(optional) 手勢
Punch R arm up as you step R out to R, Take R and L arm out to R side about shoulder height as you touch L next to R
舉高右手, 雙手向右伸

&-5-6 Step L out, Step R out, Cross L over R
左足左踏, 右足右踏, 左足於右足前交叉踏
Arm(optional) 手勢
Bring both arms around the front of your face and continue around the back of your head as you do your out-out-cross 雙手由臉前繞到頭後

7-&-8 Step R to R side, Step L beside R, Step R to R side
右足右踏, 左足併踏, 右足右踏
Arm(optional) 手勢
drop hands as you do your R shuffle 雙手放下

第六段 **Touch, ¼ Turn L, Step-Drag, And Cross, ¾ Turn Stepping R, L, R, L**
點, 1/4, 踏-拖, 併 交叉, 四步轉3/4

&-1-2 Touch L toe next to R, ¼ Turn L stepping L to L side, Drag R
左足併點, 左轉90度左足左踏, 右足拖併

3-&-4 Continue dragging R toward L, Step down on R, Step L over R
右足繼續拖併, 右足踏, 左足於右足前交叉踏

5 – 8 ¾ Turn L stepping R, L, R, L (these should be more heavy/funky steps)
以4拍左轉270度-右, 左, 右, 左(比較龐克舞動)

第七段 **Side Hops R x2, Step ¼ Turn L, Hold, And Cross, ¼ Turn L Heel & Heel**
跳 跳, 踏 轉1/4, 候 併 交叉, 1/4踵收踵

1 – 2 Small hop to R, Small hop to R (weight ending on R)
右足略跳, 右足略跳(重心在右足)

3 – 4 Step L out to L, ¼ Turn L stepping R out to R side
左足左踏, 左轉90度右足右踏

5-&-6 Hold, Step L in towards R, Step R foot across L
候, 左足併踏, 右足於左足前交叉踏

7-&-8 ¼ Turn L touching L heel forward, Step down on L, Touch R heel forward
左轉90度左足踵前點, 左足踏, 右足踵前點

第八段 **Ball-Step-Touch, Walk back R, L, Full Turn Triple, Step-Touch**
併-踏-點, 後走 後走, 轉 轉 踏, 踏 點

&-1-2 Step back on ball of R, Step forward on L, Touch R toe forward
右足後踏, 左足前踏, 右足趾前點

3 – 4 Walk back R, Walk back L 右足後走, 左足後走

5-&-6 ½ Turn R stepping R forward, Start ½ Turn R stepping L back, Finish turn by stepping R beside L
右轉180度右足前踏, 右轉180度左足後踏, 右足併踏

7 – 8 Step L to L side, Touch R toe beside L 左足左踏, 右足趾併點

TAG 1:(32拍)
There is a 16 count TAG which you do twice in a row each time….so technically 32 count TAG. 16拍跳二次成32拍加拍

Mambo Step, Ball-Step-Touch, Knee Pop x2, Out-Out-And-Cross
前曼波, 後-後-點, 彈膝二次, 大-大-併-交叉

1-&-2 Rock forward on R, Recover back on L, Step back on R
右足前下沉, 左足回復, 右足後踏

&-3-4 Step back on ball of L, Step back on R, Touch L toe beside R
左足後踏, 右足後踏, 左足趾併點

5 – 6 Pop both knees toward R diagonal, Pop both knees toward L diagonal
雙膝面向右斜角彈, 雙膝向左斜角彈

&7&8 Step out on L, Step out on R, Step L toward R, Step R over L
左足左踏, 右足右踏, 左足併踏, 右足於左足前交叉踏

L Dorothy Step, R Dorothy Step, Step Half Pivot, Step-Touch
桃樂蒂步, 桃樂蒂步, 踏 轉, 踏 點

1-2-& Step L forward toward L diagonal, Step R foot behind L, Step L out to L 左足左斜角前踏, 右足於左足後踏, 左足左踏

3-4-& Step R forward toward R diagonal, Step L foot behind R, Step R out to R 右足右斜前踏, 左足於右足後踏, 右足右踏

5 – 6 Step L forward, Pivot ½ Turn R taking weight to R foot
左足前踏, 右軸轉180度重心在右足

7 – 8 Step L forward, Touch R toe beside L foot
左足前踏, 右足趾併點

REPEAT THAT AGAIN!! TAG IS 16 COUNTS BUT REPEAT IT AGAIN TO MAKE IT 32!
重覆16拍, 湊成32拍的加拍

TAG 2:(8拍)
There is also an 8 count TAG which you do right after the first 32 count TAG.
Tag 1之後, 緊接8拍加拍

Out-Out-Hold, ½ In-In-Hold, Out-Out-Hold, ½ In-In, Step Touch
大-大-候, 1/2小-小-候, 大-大-候, 1/2小-小, 踏 點

&-1-2 Step R out to R, Step L out to L, Hold (weight goes back to R)
右足右踏, 左足左踏, 候(重心移至右足)

&-3-4 ½ Turn L stepping L in, Step R beside L, Hold
左轉180度左足踏, 右足併踏, 候

&-5-6 Step L out to L, Step R out to R, Hold (weight goes back to R)
左足左踏, 右足右踏, 候(重心仍在右足)

& - 7 ½ Turn L stepping L in, Step R beside L 左轉180度左足踏, 右足併踏

& - 8 Step L forward, Touch R toe beside of L 左足前踏, 右足併點

There is a slight pause before you go back in to the dance….like a &1 hold. Then you start the dance right back over with count 1 stepping to the R.
在接續第1拍時有個略停, 以&1方式處理, & Hold 候, 1則接續第1拍的右足右踏