Hairspray



拍數: 80 牆數: 2 級數: Intermediate

編舞者: Karl-Harry Winson (UK) - July 2007

音樂: You Can't Stop The Beat - Hairspray OST



32 Count Intro, 10 Seconds, Start on Vocals

Section 1	Rock Recover, Shuffle 1/2, Shuffle 1/2, Back Rock
1-2	Rock forward on the right, recover back on the left
004	D: 1 (0) (0 T : 1 (4/0 T D: 1 / / D: 1 / 1 (

Right Shuffle Turning Into a 1/2 Turn Right (i.e. Right, Left, Right) (6.00)
Left Shuffle Turning into a 1/2 turn left (i.e. Left, Right Left) (12.00)

7-8 Rock back on the right, recover forward onto the left

Section 2 Step Slide, Heel Split, Step Slide, Toe Split

1-2 Step Diagonally forward on the right foot, slide the left to meet the right

3-4 Split both of your heels out, then bring them together

5-6 Step Diagonally forward on the left foot, slide the right to meet the left

7-8 Split your toes apart (as you do this your weight is in your heels and toes in the air), bring the

toes together

Section 3 Rock Recover, Shuffle 1/4, Rock Recover, Coaster Step

1-2 Rock forward on the right, recover back on the left

3&4 Right Shuffle Turning Into a 1/4 Turn Right (i.e. Right, Left, Right)(3.00)

5-6 Rock forward on the left, recover on the right foot

7&8 Step Back Left. Step Right beside Left. Step Forward Left.

Section 4 Forward side, behind heel, hook, heel, flick, together

Touch right foot forward, touch right foot to right side
 Hook right foot behind left, touch right heel forward
 Hook right foot across left, touch right heel forward

7-8 Flick right foot to right side, step right foot together with the left

Section 5 L Stomp with fans, R Stomp with fans

Stomp left foot forward, fan toes out to left, together, then out to left
 Stomp Right foot forward, fan toes out to right, together, then out to right

Section 6 L Jazz box with touch, R Jazz box together

1-2 Cross left foot over the right, step back on the right
3-4 Step left foot to the left side, touch right foot next to the left

5-6 Cross right foot over the left, Step back on the left

7-8 Step right foot to the right side, step left together with the right

Section 7 Cross rock side (x2), Jazz box 1/4 turn

1&2 Cross rock right over left, recover on the left, step right to the right side Cross rock left over right, recover on the right, step left to left side.

5-6 Cross right foot over left, step back on left

7-8 Make a 1/4 stepping forward on the right, step left together with right

Section 8 Cross rock side (x2), Jazz box 1/4 turn

1&2 Cross rock right over left, recover on the left, step right to the right side Cross rock left over right, recover on the right, step left to left side.

5-6 Cross right foot over left, step back on left

7-8 Make a 1/4 stepping forward on the right, step left together with right

Section 9 Heel steps, Step Together, Heel steps, Step Together

1-2 Step forward on the right heel, Step forward on the left heel (weight needs to be in both

heels)

3-4 5-6	Step right foot back, step left together with the right Step forward on the right heel, Step forward on the left heel (weight needs to be in both heels)	
7-8	Step right foot back, step left together with the right	
Section 10	Monterey 1/2 turn, Monterey 1/4 turn Touch right foot to right side	
2 3-4	On ball of left foot, Pivot 1/2 turn right stepping right beside left Touch left foot to left side, together with the right	
5 6	Touch right foot to right side On ball of left, Pivot 1/4 right stepping right beside left	
7-8	Touch left foot to left side, together with the right	
Tag: Dance at End of wall 2, End of Wall 4, End of Wall 6		
Rocking Chair, Step 1/2 turn (x2), Rocking Chair, Step 1/2 turn (x2)		
1-2	Rock forward on the right, recover back on the left	
3-4	Rock back on the right, recover forward on the left	
5-6	Step forward on the right, make a 1/2 turn to the left	
7-8	Step forward on the right, make a 1/2 turn to the left	
9-10	Rock forward on the right, recover back on the left	
11-12	Rock back on the right, recover forward on the left	
13-14	Step forward on the right, make a 1/2 turn to the left	
15-16	Step forward on the right, make a 1/2 turn to the left	