

Hairspray

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Karl-Harry Winson (UK) - July 2007
音乐: 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
3&4 Right Shuffle Turning Into a 1/2 Turn Right (i.e. Right, Left, Right) (6.00)
5&6 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**

1-2 Touch right foot forward, touch right foot to right side
3-4 Hook right foot behind left, touch right heel forward
5-6 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**

1-4 Stomp left foot forward, fan toes out to left, together, then out to left
5-8 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
3&4 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
3&4 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 Step right foot back, step left together with the right
5-6 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

- 1 Touch right foot to right side
2 On ball of left foot, Pivot 1/2 turn right stepping right beside left
3-4 Touch left foot to left side, together with the right
5 Touch right foot to right side
6 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
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