

# Midnight Hour (zh)

拍數: 0                      牆數: 4                      級數: Intermediate/Advanced  
編舞者: Judy McDonald (CAN), Guyton Mundy (USA) & Will Craig (USA)  
音樂: 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