Gleehab (歡唱重生) (zh)

Count: 64 **Wall:** 2 **Level:** Beginner
Choreographer: Gary Lafferty (UK) - 2010年03月
Music: Rehab (Glee Cast Version) - Glee Cast

前奏： Intro: Track starts with word "Ohio" sung 3 times, then 4 drumstick beats - that's your "5,6,7,8"

第一段 Grapevine To Right With Touch, Grapevine To Left With Touch
右藤步帶點, 左藤步帶點

1-4 Step to Right on Right foot, cross-step Left behind Right, step to Right on Right, touch Left foot beside Right
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足併點

5-8 Step to Left on Left foot, cross-step Right behind Left, step to Left on Left foot, touch Right foot beside Left
左足左踏, 右足於左足後交叉踏, 左足左踏, 右足併點

第二段 Skates 滑冰

1-2 Skate Right foot forward to Right diagonal, hold
右足右前滑冰面向右斜角, 候

3-4 Skate Left foot forward to Left diagonal, hold
左足左前滑冰面向左斜角, 候

5-6 Skate Right foot forward to Right diagonal, skate Left foo t forward to Left diagonal
右足右前滑冰面向右斜角, 左足左前滑冰面向左斜角,

7-8 Skate Right foot forward to Right diagonal, hold
右足右前滑冰面向右斜角, 候

第三段 Weave: Front, Side, Behind, Sweep, Behind, Side, Cross, Hold
藤步:前, 旁, 後, 繞, 後, 旁, 前, 候

1-2 Cross-step Left foot over Right, step to Right on Right foot
左足於右足前交叉踏, 右足右踏

3-4 Cross-step Left foot behind Right, sweep Right foot around from front to back 左足於右足後交叉踏, 右足由前繞至後

5-6 Cross-step Right foot behind Left, step to Left on Left foot
右足於左足後交叉踏, 左足左踏

7-8 Cross-step Right foot over Left, hold 右足於左足前交叉踏, 候

第四段 Touch Forward, Hold, Touch Back, Hold; Step, ½ Turn, Step, Hold
前點, 候, 後點, 候, 踏, 轉, 踏, 候

1-4 Touch Left foot forward, hold, touch Left foot back, hold
左足前點, 候, 左足後點, 候

5-8 Step forward on Left foot, pivot ½ turn to Right, step forward on Left foot, hold 左足前踏, 右軸轉180度, 左足前踏, 候

RESTARTS: on walls 3 & 6, you should restart the dance at this point
第三面牆及第六面牆跳至此, 從頭起跳

第五段 Right Toe-Strut, Left Toe-Strut; Rocking Chair
趾踵, 趾踵, 搖椅步

1-4 Touch Right foot forward, step down onto Right foot, touch Left foot forward, step down onto Left foot
右足前點, 右足踏, 左足前點, 左足踏

5-6 Rock forward on Right foot, recover weight back onto Left foot
右足前下沉, 左足回復

7-8 Rock back on Right foot, recover weight onto Left foot
右足後下沉, 左足回復

第六段 Shimmy ½ Turns 雙肩抖動轉 二次

1 Step Right foot forward 右足前踏

3-4 Making a ½ turn over Left shoulder, shimmy shoulders, keeping weight back on Right foot, clap on count 4
以雙肩抖動方式左轉180度, 重心在右足, 第4拍拍手

5 Push weight forward onto Left foot (it doesn't need to move from where it is) 左足前踏

6-8 Making a ½ turn over Right shoulder, shimmy shoulders, keeping weight back on Left foot, clap on count 8
以雙肩抖動方式右轉180度, 重心在左足, 第8拍拍手

第七段 Back, Kick, Back, Kick; Run Back, Kick
後, 踢, 後, 踢, 後, 後, 踢

1-2 Step back on Right foot, kick Left foot forward
右足後踏, 左足前踢

3-4 Step back on Left foot, kick Right foot forward
左足後踏, 右足前踢

5-6 Step back on Right foot, step back on Left foot
右足後踏, 左足後踏

7-8 Step back on Right foot, kick Left foot forward
右足後踏, 左足前踢

第八段 Left Coaster Point, Left Coaster Step
海岸 點 候, 海岸步 候

1-4 Step back on Left foot, step on Right foot beside Left, touch Left foot forward, hold 左足後踏, 右足併踏, 左足前點, 候

5-8 Step back on Left foot, step on Right foot beside Left, step forward on Left foot, hold 左足後踏, 右足併踏, 左足前踏, 候