<!-- 可滚动区域 -->

<body data-spy="scroll" data-target=".navbar" data-offset="50">

<!-- The navbar - The <a> elements are used to jump to a section in the scrollable area -->

<nav class="navbar navbar-expand-sm bg-dark navbar-dark fixed-top">

...

<ul class="navbar-nav">

<li><a href="#section1">Section 1</a></li>

...

</ul>

</nav>

<!-- 第一部分内容 -->

<div id="section1">

<h1>Section 1</h1>

<p>Try to scroll this page and look at the navigation bar while scrolling!</p>

</div>

...

</body>

### **实例解析**

向您想要监听的元素（通常是 body）添加 **data-spy="scroll"** 。

然后添加 **data-target** 属性，它的值为导航栏的 id 或 class (**.navbar**)。

<body data-spy="scroll" data-target="#myScrollspy" data-offset="1">

<div class="container-fluid">

<div class="row">

<nav class="col-sm-3 col-4" id="myScrollspy">

<ul class="nav nav-pills flex-column">

<li class="nav-item">

<a class="nav-link active" href="#section1">Section 1</a>

</li>

...

</ul>

</nav>

<div class="col-sm-9 col-8">

<div id="section1">

<h1>Section 1</h1>

<p>Try to scroll this page and look at the navigation list while scrolling!</p>

</div>

...

</div>

</div>

</div>

</body>