

# Ymca

Count: 116

Wand: 0

Ebene:

Choreograf/in: Unknown

Musik: Y.M.C.A. - Village People



- 
- 1-8 With right hand point finger and bounce hand as you move it to the right  
9-16 With left hand point finger and bounce hand as you move it to the left  
17-24 With right hand point finger and bounce hand as you move it to the left
- 25-26 Throw left hand high in the air, throw right hand high in the air  
27-28 Place left hand on right shoulder, place right hand on left shoulder  
29-30 Place left hand on left hip, place right hand on right hip
- 31-60 Repeat 1-30
- 61-65 Push right hip to the right side for 5 counts  
66-68 Bounce body slightly  
69-73 With arms form the letters Y-M-C-A  
74-76 Bounce body slightly
- 77-80 Jump and turn right  $\frac{1}{4}$  turn, shake hips for 4 counts  
81-84 Jump and turn right  $\frac{1}{4}$  turn, shake hips for 4 counts  
85-88 Jump and turn right  $\frac{1}{4}$  turn, shake hips for 4 counts  
89-92 Jump and turn right  $\frac{1}{4}$  turn, shake hips for 4 counts  
93-97 With arms form the letters Y-M-C-A  
98-100 Bounce body slightly
- 101-108 Jump forward and bounce body for 8 counts  
109-116 Make a quick  $\frac{1}{2}$  turn to right, jump forward and bounce body for 8 counts

**REPEAT**

---