

Hampster Jam

Count: 0

Wall: 4

Level: Improver

Choreographer: Mare Dodd (USA)

Music: The Hampster Dance Song - Hampton the Hampster



Sequence: A; A; A; A; A; A; A; A; A; A; A; A; A; A

PART A

CLAP, CLAP, UNDER, OVER, CHEST, THIGHS

- 1-2 Clap hands out in front twice
- 3-4 Stomp right, stomp left
- 5 Lifting right knee, clap hands under knee
- 6 Stepping down on right, clap hands out front
- 7 Lean back slightly as you touch hands on collarbone
- 8 Lean forward as you touch hands on thighs (right on right, left on left)

CLAP, CLAP, UNDER, OVER, CHEST, THIGHS

- 1-2 Clap hands out in front twice
- 3-4 Stomp left, stomp right
- 5 Lifting left knee, clap hands under knee
- 6 Stepping down on left, clap hands out front
- 7 Lean back slightly as you touch hands on collarbone
- 8 Lean forward as you touch hands on thighs (right on right, left on left)

FULL PADDLE TURN LEFT & STEP, FULL PADDLE TURN RIGHT & STEP

- &1 Hitch right across left, turn 1/3 left on ball of left as you touch right to right side
- &2 Hitch right across left, turn 1/3 left on ball of left as you touch right to right side
- &3 Hitch right across left, turn 1/3 left on ball of left as you touch right to right side
- 4 Step right beside left (you should have made one full turn left)
- &5 Hitch left across right, turn 1/3 right on ball of right as you touch left to left side
- &6 Hitch left across right, turn 1/3 right on ball of right as you touch left to left side
- &7 Hitch left across right, turn 1/3 right on ball of right as you touch left to left side
- 8 Step left beside right (you should have made one full turn right)

Optional arm work: with arms out at shoulders, bend elbows (hands up)

WALKS FORWARD, HOP & CLAP, WALKS BACK, TURN ¼ LEFT, HOP & CLAP

- 1-2-3 Walk forward right, walk forward left, walk forward right
- 4 Hop forward on both feet & clap at same time
- 5-6-7 Walk back right, walk back left, walk back right
- 8 Turn ¼ left & hop on both feet - clap at same time

REPEAT

EXTRAS

- 1-2 Bending knees, squat down, straighten knees & stand up
- 1-2 Bending knees, squat down, straighten knees & stand up
- 3-4 Bending knees, squat down, straighten knees & stand up