

Handclap

拍数: 88 墙数: 1 级数: Phrased Intermediate
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音乐: HandClap - Fitz and The Tantrums : (iTunes USA)



Part A: 56 counts (A- is the first 32 counts of A) Part B: 32 counts

Intro: 32 counts - Sequence: AA BB A- A BB A- A- A-

See bottom of step sheet for the ending.

PART A: 56 counts

A[1-8] RIGHT SYNCOPATED VINE, BEHIND SIDE CROSS, FORWARD ROCK

1,2 Step right to right side, Step left behind right
&3,4 Step right to right side, Step left across (in front of) right, Step right to right side
5&6 Step left behind right, Step right to right side, Step left across (in front of) right
7,8 Rock right forward, recover on left in place

A[9-16] COASTER STEP, QUARTER TURN, BUMP RIGHT, BUMP LEFT

1&2 Step right back, Step left next to right, Step right forward
3,4 Step left forward, Turn quarter right with weight Left (3:00)
5,6 Bump hips to right twice
7,8 Bump hips to left twice

*Option on counts 5-8:

5,6 Bend both knees stepping Right to right side and swinging hips right, Stand up and touch Left to left side
7,8 Bend both knees stepping Left to left side and swinging hips left, Stand up and kick Right forward

A[17-24] BALL STEP QUARTER, CROSS, SIDE, BEHIND SIDE FORWARD, RUN RUN RUN

&1,2 Step ball of Right back, Step Left forward, Turn quarter right with weight Right (6:00)
3,4 Step Left across (in front of) right, Step Right to right side
5&6 Step Left behind right, Step Right to right side, Step Left forward
7&8 Run forward Right, Left, Right

A[25-32] FORWARD ROCK, COASTER STEP, HALF PIVOT, FULL TURN

1,2 Rock Left forward, Recover on Right in place
3&4 Step Left back, Step Right next to left, Step Left forward
5,6 Step Right forward, Turn half left with weight on Left (12:00)
7,8 Turn half left and Step Right back, Turn half left and Step Left forward (12:00) (Restarts for A- are here)

A[33-40] FORWARD, HOLD, FORWARD, HOLD, SIDE ROCK, SHARP SPIN

1,2 Step Right forward, Hold
3,4 Step Left forward, Hold
5,6 Rock Right to right side, Recover to Left
7,8 Sharp 3/4 spin right with weight on Left, letting Right leg hook or swing in front (9:00)

A[41-48] FOUR WALKS, HAND SWIPES WITH KICK

1,2 Walk forward Right, Left
3,4 Walk forward Right, Step Left forward
5&6& Starting with hands low in front and moving higher, swipe hands (like brushing flour off them or signaling to your dog the treats are all gone): 5 Swipe Right hand down and left hand up and let hands clap as they pass each other, & Swipe right hand up and left hand down letting them clap as they pass, 6& repeat the swipes like 5&

- 7 Swipe right hand down and left hand up letting them clap as they pass (hands should be about eye level now)
- 8 Final swipe: Swipe left hand out in front extending arm forward, swipe Right hand back and pull right elbow back at shoulder height. Hands clap as they pass. With the final swipe, shift weight back to Right and kick Left forward on count 8.

A[49-56] BACK, QUARTER, CROSS, TOUCH, KNEE SWIVELS, KICK

- 1,2 Step Left back, Turn quarter right and Step Right to Right side (12:00)
- 3,4 Step Left across (in front of) Right, Touch ball of Right foot to right side with right knee bent and facing forward (12:00)
- 5&6&7,8 Swivel Right knee out-in-out-in-out. On count 8, kick Right to right forward diagonal (Note: To transition smoothly into Part A after this, contract the body core on the kick.)

END OF PART A

PART B: 32 counts

B[1-8] BACK, HOLD, BACK ROCK, HALF, SWEEP, BEHIND, SIDE

- 1,2 Step Right back, Hold
- 3,4 Rock Left back, Recover in place on Right
- 5,6 Half turn right and step Left back (6:00), Sweep Right from front to back
- 7,8 Step Right behind left, Step Left to left side

B[9-16] CROSS, HOLD, SIDE ROCK, CROSS, HOLD, QUARTER, HALF

- 1,2 Step Right across (in front of) left, Hold
- 3,4 Rock Left to left side, Recover in place on Right
- 5,6 Step Left across (in front of) right, Hold
- 7,8 Quarter turn left and step Right back, Half turn left and step Left forward (9:00)

B[17-24] FORWARD, HOLD, BACK, BACK, QUARTER, HOLD, HOLD, QUARTER

- 1,2 Rock Right forward, Hold
- 3,4 Recover in place on Left, Step Right back
- 5,6 Quarter turn left and step Left to left side (6:00), Hold (extend this position by having right pointed to right and slowly torquing body left)
- 7,8 Hold, Quarter turn right and step Right forward (9:00)

B[25-32] QUARTER PIVOT, CROSS, SWEEP, JAZZ BOX

- 1,2 Step Left forward, Quarter turn right with weight Right (12:00)
- 3,4 Step Left across (in front of) right, Sweep Right from back to front
- 5,6 Step Right across left, Step Left back
- 7,8 Step Right to right side, Step Left across (in front of) right (Note: When transitioning to repeat B from here, think of this final step like a forward rock so you can more easily start B again going back.)

END OF PART B

ENDING: For the last A-, dance the first 12 counts of the dance. For the next counts 5-6, use the right hip bumps to turn quarter left to the front wall, sitting back on the right leg. Hold count 7. On && do three hand swipes above the head, starting with the right hand going out and ending with the right arm extended out and left elbow pulled back at shoulder level.

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