

Clap 4 Health

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Clap 4 Health - JYL STEINBACK



Intro- 32 counts

(RT) TAP RT-LT & STEP-BEHIND-SHUFFLE STEP

1,2, Tap right toe to right and step next to left foot –CLAP with “step” (count 2)
3,4 Tap left toe to left and step next to right foot –CLAP with “step” (count 4)
5,6 Step right to right, step left behind right
7&8 Step right to rt, left next to rt, right to rt (cha-cha-cha rhythm)

(LT) HOP FWD-HOLD, HOP BACK-HOLD, GRAPEVINE ¼ TURN SCUFF

&1, 2 Hop (both feet forward) & HOLD/CLAP
&3, 4 Hop (both feet back) & HOLD/CLAP
5,6,7,8 Step lt to lt, rt behind lt, lt to lt (turn 1/4 to lt) & “scuff” rt (wall 9)

(RT) MAMBO & WALK UP 3x & KICK

1,2,3,4 Rock rt foot fwd and recover back on lt, rock rt foot back and recover on lt
5,6,7,8 Walk forward – right, left, right, and Kick left foot forward

(LT) STEP TOUCH BACK, STEP TOUCH BACK, STEP & SHAKE TO LT

1,2 Step left foot back left diagonally, touch right next to left/CLAP
3,4 Step right foot back right diagonally, touch left next to right/CLAP
5,6, Step left foot to lt side and slow “booty shake” (weight rt to lt)
7,8 Touch rt toe next to left foot and HOLD- CLAP with counts 7, 8

More info. @ www.Clap4Health.com

Music source: 602-996-6300 - Jyl@ShapeUpUS.org - www.Clap4Health.com

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