

YMCA Rewind

COPPER KNOB
STEPSHEETS

拍数: 96 墙数: 1 级数: Phrased Improver
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音乐: Dance Macumba Mix - Andymoon



Sequence: AA Tag BB CC-AA Tag BB CC - E
Intro: 32

Part A (32C)

(1-24) STOMPS IN PLACE, STEP-TOUCH SEQUENCE

- 1-4 Step R-L-R-L in place
- 5-6 Turn 1/4 left and step R side, touch L together
- 7-8 Step L side, touch R together
- [9-14] Repeat steps 1-6**
- 15-16 Turn 1/4 left and step L forward, touch R together
- (17-24) Repeat steps 1-8**

Styling:

- 1-4 Point Right finger forward from left to right (4X)
- 5 Extend Right hand to side
- 6 Fold Right arm over chest
- 7 Extend Left hand to side
- 8 Fold Left arm over chest

(25-32) STOMPS IN PLACE WITH ARM STYLING

- 25-26 Step R in place, hold (Raise right hand overhead to right)
- 27-28 Step L in place, hold (Raise left hand overhead to left)
- 29-30 Steps in place: R-L (Hand across midriff: Right-Left)
- 31-32 Steps in place: R-L (Hand to hips: Right-Left)

Part B (32C)

(1-16) ARM ACROSTICS

- 1-5 Feet stationary, raise arms up to signal Y-M-C-A
The letter Y, hold, the letter M, the letter C, the letter A
- 6-8 Step R forward, pivot 1/2 left, step R forward (roll fists)
- 9-16 Repeat steps 1-8

(17-24) FORWARD STEPS, STEP-TURN, STOMPS

- 1-2 Walk forward R-L
- 3-4 Step R forward, pivot 1/4 left
- 5-8 Stomp R at side (2X), stomp L at side (2X)

(25-32) WALK AROUND 3/4 LEFT, STEP-TOUCH SEQUENCE

- 1-4 Step R-L-R-L turning around to front
- 5-6 Step R side, touch L together
- 7-8 Step L side, touch R together

Part C (32C)

(1-24) SHIMMIES, ARM STYLING

- 1-4 Step R side, hold, step L together, hold
- 5-8 In place, do styling as in Part A (5-8)
- 9-12 Step L side, hold, step R together, hold
- 13-16 In place, do styling as in Part A (5-8)

17-24 Repeat steps 1-8

(25-32) STOMPS IN PLACE WITH ARM STYLING

1-8 Same steps as in Part A (25-32)

TAG (8C)

1-4 Step R side, hold, touch L together, hold

5-8 Step L side, step R together, step L side, step R together

ENDING:

1-32 Repeat Part C(1-16) twice
