

Ymca

拍数: 116 墙数: 0 级数:
编舞者: Unknown
音乐: Y.M.C.A. - Village People



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- 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
