

拍数: 132 墙数: 1 级数: Beginner
编舞者: Winnie Yu (CAN)
音乐: Y.M.C.A. - Village People



Starting with feet shoulder width facing 1/4 left (9:00)

RIGHT HAND STRAIGHT OUT TO THE RIGHT SIDE WITH INDEX FINGER POINTING IN & OUT, CLAP HANDS, JUMP ½ TURN RIGHT

1-7 Right hand straight out to the right side with index finger pointing in and out (keep arm straight at shoulder level)

Option: bounce right feet along with music

&8 Clap hands, clap hands and jump ½ turn right facing 3:00 (feet shoulder width apart)

REPEAT COUNT 1-8 WITH LEFT HAND, JUMP ½ TURN LEFT

9-15 Repeat count 1-7 with left hand

&16 Clap hands, clap hands and jump ½ turn left facing 9:00 (feet shoulder width apart)

REPEAT COUNT 1-7, CLAP HANDS, JUMP ¼ TURN RIGHT

17-23 Repeat count 1-7 with right hand

&24 Clap hands, clap hands and jump ¼ turn right facing 12:00

RIGHT HAND STRAIGHT UP, LEFT HAND STRAIGHT UP, RIGHT HAND TOUCH LEFT SIDE WAIST, LEFT HAND TOUCH RIGHT SIDE WRIST, RIGHT HAND STRAIGHT DOWN, LEFT HAND STRAIGHT DOWN

25-26 Right hand straight up, left hand straight up

Option: right foot step forward when right arm straight up, left foot step forward when left arm straight up

27-28 Right hand move to left waist, left hand move to right waist

29-30 Right arm straight down to right side of body, left hand straight down to left side of body

REPEAT COUNT 1-30

31-60 Repeat count 1-30

½ TURN LEFT WITH RIGHT FOOT STOMPING 5X, STEP ½ RIGHT, HOLD BOTH ARMS ACROSS AT CHEST LEVEL, HOLD

61-65 Making ½ turn left by stomping right foot 5 times facing 6:00

66 Making ½ turn right step on right foot facing 12:00

67-68 Hold both arms across at chest level, hold

MAKING A Y, M, C, A SIGN WITH BOTH HANDS, RIGHT HAND WITH INDEX FINGER POINT DOWN(3X)

69-70 Making a "Y" sign with right & left hands, hold

71 Making a "M" sign with right & left hands

72 Making a "C" sign with right & left hands

73 Making a "A" sign with right & left hands

74-76 Right hand with index finger point down 3 times

Option: look down to the right side and bounce right foot 3 times at the same time

REPEAT COUNT 69-76

77-84 Repeat count 69-76

WALK FORWARD, LEFT FOOT KICK, WALK BACKWARD, RIGHT FOOT TOUCH

85-88 Walk forward-right, left, right, kick left foot to the front

89-92 Walk backward-left, right, left, touch right foot to the right

SIDE, TOGETHER, SIDE, TOUCH (RIGHT), SIDE, TOGETHER, SIDE, TOUCH (LEFT)

93-96 Step right to right side, step left next to right, step right to right side, touch left next to right (with rolling hands)

Option: triple steps full turn right (rolling vine), clap hands

97-100 Step left to left side, step right next to left, step left to left side, touch right next to left (with rolling hands)

Option: triple steps full turn left (rolling vine), clap hands

REPEAT COUNT 69 TO 100

101-132 Repeat count 69-100

REPEAT
