

# Grab Ass

拍数: 40      墙数: 0      级数:  
编舞者: Unknown  
音乐: Dance - Twister Alley



1-2            Right hand, palm down, out to side at shoulder level, twice  
3-4            Left hand, palm down, out to side at shoulder level, twice  
5-8            Forward right foot ½ turn left, in place left, forward right foot ½ turn left, in place left

9-10           Right thumb hitch over right shoulder left, twice  
11-12          Left thumb hitch over left shoulder, twice  
13-14          Two fists as in a rope pull, 2 pulls towards body  
15-16          Two fists as in a rope pull, 2 pulls towards body

17             Right inside wrist touch left hip across body  
18             Left inside wrist touch right hip across body  
19             Right inside wrist touch left  
20             Left inside wrist touch right knee

### Deep crouch position with straight back

21             Right touch floor in front between knees  
22             Left touch floor behind  
23             Right touch floor in front between knees  
24             Stand up and clap

### On above you can do a 3 beat twist & clap instead

### Slight bend over on following 8 beats

25-28          Right at hip fast roll of both hands (2 beats) at hip level, stand up and roll 2 beats shoulder height  
29-32          Left at hip fast roll of both hands (2 beats) at hip level, stand up and roll 2 beats shoulder height  
33             Slap right hip with right palm  
34             Slap left hip with left palm  
35             Grab right buttock with right hand  
36             Grab left buttock with left hand

### Keep hands in place on buttocks for jump steps

37             Jump forward  
38             Jump back  
39             Jump forward turn ¼ left  
40             Clap

**REPEAT**

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