

Clap Your Hands

拍数: 32 墙数: 2 级数: Beginner
编舞者: Vivienne Scott (CAN)
音乐: My Dear Botanist - Dyana & Matalya Syenchukov



"My Dear Botanist" is the literal translation of the title of this lively Folk Song direct from Russia. Music available from Vivienne Scott

STEP SIDE RIGHT, STEP TOGETHER, SHUFFLE SIDE RIGHT, CROSS ROCK, SHUFFLE LEFT WITH TURN ¼

1-2 Step right to side, step left together
3&4 Step right to side, step left together, step right to side
5-6 Cross/rock left over right, recover on right
7&8 Turn ¼ left and step left to side, step right together, step left forward

Styling option: as you step right bend your knees out, holding your arms crossed up in front of you, stand up as you step left together

STEP SIDE RIGHT, STEP TOGETHER, SHUFFLE SIDE RIGHT, CROSS ROCK, SHUFFLE LEFT WITH TURN ¼

1-2 Step right to side, step left together
3&4 Step right to side, step left together, step right to side
5-6 Cross/rock left over right, recover on right
7&8 Turn ¼ right and step left forward, step right together, step left forward

Styling option: as you step right bend your knees out, holding your arms crossed up in front of you, stand up as you step left together

STOMPS FORWARD RIGHT, LEFT, TRIPLE CLAPS, REPEAT

1-2 Stomp right forward, stomp left forward
3&4 Hold
Clap hands above right shoulder three times
5-6 Stomp right forward, stomp left forward
7&8 Hold

Clap hands above right shoulder three times
For fun, now and again slap the hands of the dancer next to you

WALK BACK RIGHT, LEFT, TRIPLE IN PLACE, WALK BACK LEFT, RIGHT, TRIPLE IN PLACE

1-2 Step right back, step left back
Option: make two ½ turns over right shoulder traveling back
3&4 Step right in place, step left together, step right in place
5-6 Step left back, step right back
Option: make two ½ turns over left shoulder traveling back
7&8 Step left in place, step right together, step left in place

REPEAT