

Hej Tomtegubbar

拍数: 24 墙数: 1 级数: Contra Beginner
编舞者: Micaela Svensson Erlandsson (SWE) - November 2007
音乐: Hej Tomtegubbar - Barnens Julfavoriter : (2005)



Intro 12 counts,

Sequence: A A B B A Tag AA BB A Tag AA BB A

Section A

Step, Together, Step x2

- 1-3 Step R forward diagonally to the R , Step L next to R, Step R Diagonally forward.
4-6 Step L forward diagonally to the L , Step R next to L, Step L Diagonally forward.

Cross, Unwind, Step, Stomp X2, Hold

- 7-9 Cross R over L, Turn ½ L, Step forward on left.
10-12 Stomp R, Stomp L, Hold

Section B

Toe fans, Claps

- 13-14 Fan Right toes to Right, bring toes back to centre,
15 Stretch out arms in front of you and clap your hands against the person in front of you.
16-17 Fan Left toes to Left, bring toes back to centre,
18 Stretch out arms in front of you and clap your hands against the person in front of you.

Flicks, Claps

- 19-20 Flick R heel out to R side & touch R heel with R hand, step R foot next to L.
21 Stretch out arms in front of you and clap your hands against the person in front of you
22-23 Flick L heel out to L side & touch L heel with L hand, step L foot next to R.
24 Stretch out arms in front of you and clap your hands against the person in front of you

Tag

Clap on legs, Clap hands, Clap to sides

- 1-3 Clap your hands against your thighs, Clap your hands, Put your arms to the sides and clap hands with the persons standing to your left and to your right.
4-12 Repeat 1-3 of tag.

**NB. There is a brief pause of the music after the second part of the B sections.
Simply wait (about 2 counts) for the music to continue and carry on with section A.**
