

Clap Back

拍数: 32 墙数: 4 级数: Advanced
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音乐: Clap Back (Remix) (feat. Jay Z Styles P) - Ja Rule



RESTART: 6th wall, after first 8 counts, restart

Jump kicks 3x, step touch, step, out, out jump clap

- 1 RF jump backwards, while LF kick forward
- & LF jump backwards, while RF kick forward
- 2 RF jump backwards, while LF kick forward
- 3 LF kick forward
- & LF step to left side
- 4 RF touch to right side, turn head to left-ground
- 5 ¼ turn right, RF make big step forward (9.00)
- 6 LF close to RF
- 7 RF step out, while pulling shirt right forward
- & LF step out, while pulling shirt left forward
- 8 Jump feet together, clap hands in front

Diagonal slide clap hands 2x, knee slide, cross unwind.

- 9 RF slide diagonal right backwards
- 10 LF close to RF, clap hands in front
- 11 LF slide diagonal left backwards
- 12 RF close to LF, clap hands in front
- 13* Sit on right knee
- 14* LF push away make slide on right knee
- 15* LF cross over right knee
- 16* Stand straight with ¼ turn right (6.00)

* Alternative counts 13-16:

- 13-14 Slide to right side
- 15 LF cross over RF
- 16 Unwind 1 ¼ right ending face 6.00

Small diagonal steps, side bodyroll, step side clap, ¼ turn step side, ½ turn step side

- 17 RF cross behind LF start ½ turn right
- & LF step next to RF ending ½ turn right (12.00)
- 18 RF step next to LF
- 19 RF small step diagonal right forward, bended knees
- & LF small step diagonal left forward, bended knees
- 20 RF close to LF make side bodyroll (start with right hip, ending right shoulder)
- 21 LF step to left side
- 22 RF close to RF, clap hands in front
- 23 ¼ turn left, RF step right side
- 24 ½ turn left, LF step left side

Fists together in front of belly, popping chess 3x, single feet jumps 2x, jump together

- 25 RF step forward, right fist in front of navel
- 26 LF step next to, left hand around right fist in front of navel
- 27 Pop chess up and back to right (keep fist in front of navel)
- & Pop chess up and back to left

- 28 Pop chess up and back in middle
 - 29 Jump forward on RF, LF keep in back. Left arm up under 90o
 - 30 Jump forward on LF, RF keep in back. Right arm up under 90o
 - 31 Jump forward on RF, LF keep in back. Left arm up under 90o
 - 32 Jump feets together.
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