

Y.M.C.A. Dance

COPPERKNOB
BY STEPHEN HETS

拍數: 64 牆數: 1 級數: Phrased Improver
編舞者: Lewis Lee (CAN) - February 2018
音樂: Y.M.C.A. - Village People



Sequence: AA Tag BB, AA Tag BB, AA Tag BB, B16
Intro: 32 counts

Part A - 32c

Side R with hand movement from L to R, nodding head with heels bounce x 7 Times, Clap-Clap

1-7 Step R to side R with R hand stretch forward while bouncing R index finger from side L to side R gradually at shoulder height and nodding head with heels bounce x 7 times

&8 Clap hands twice

[9-16] Hand movement from R to L, nodding head with heels bounce x 7 Times, Clap-Clap

1-7 Stretch L hand forward while bouncing L index finger from side R to side L gradually at shoulder height and nodding head with heels bounce x 7 times

&8 Clap hands twice

[17-24] Hand movement from L to R, nodding head and heels bounce x 7 Times, Clap-Clap

1-7 Stretch R hand forward while bouncing R index finger from side L to side R gradually at shoulder height and nodding head with heels bounce x 7 times

&8 Clap hands twice

[25-32] Hand movement R Diagonal, Hold, L Diagonal, Hold, L Hip, R Hip, R Hip Back, L Hip Back

1, 2, 3, 4 Point R index finger to R diagonal upward overhead, Hold; Point L index finger to L diagonal upward overhead, Hold

5, 6 Slap R hand on front of left hip, Slap L hand on front of right hip

7, 8 Slap R hand on right hip, Slap L hand on left hip

Tag - 8c Hips Push x 5 times, Hands Rolling Up

1-5 Push hips forward while pulling elbows back with bending knees x 5 times

6-8 Roll hands upward from waist to shoulder height and legs straighten up gradually.

Part B - 32c

[1-8] Hand movements form the letters Y.M.C.A., Hand Rolls

1, 2 Hands raise diagonal upwards overhead to either side to form letter Y, Hold

3&4 Bring hands down with finger tips on the top of head to form the letter M, Bring hands open to side L to form the reverse letter C, Bring hands over head with finger tips touching to form the letter A.

5-8 Roll hands upward from waist to shoulder height with bending knees and straighten up gradually.

[9-16] Hand movements form the letters Y.M.C.A., Hand Rolls

1-8 Repeat 1-8 count of part B

[17-24] Rolling Vine R with Clap, Rolling Vine L with Clap

1-4 Make 1/4 turn R stepping R fwd, Make 1/2 turn R stepping L back, Make 1/4 turn R stepping R side R, Hand clap

5-8 Make 1/4 turn L stepping L fwd, Make 1/2 turn L stepping R back, Make 1/4 turn L stepping L side L, Hand clap

[25-32] Vine R with L Scuff, Vine L with R Scuff

1-4 R step side R, L step behind R, R step side R, Scuff L out to side L

5-8 L step side L, R step behind L, L step side L, Scuff R out to side R

Enjoy!

Optional Intro - 32c:

[1-8] R Side, L Touch, L Side, R Touch, R Side, L Touch, L Side, R Touch

1-4 R step side R, L touch beside R, L step side L, R touch beside R

5-8 R step side R, L touch beside R, L step side L, R touch beside R

[9-16] R Side, Tog, Side, Touch, L Side, Tog, Side, Touch

1-4 R step side R, L step beside to R, R step side R, L touch beside to R

5-8 L step side L, R step beside to L, L step side L, R touch beside to L

[17-24] Rolling Vine R with Clap, Rolling Vine L with Clap

1-4 Make 1/4 turn R stepping R fwd, Make 1/2 turn R stepping L back, Make 1/4 turn R stepping R side R, Hand clap

5-8 Make 1/4 turn L stepping L fwd, Make 1/2 turn L stepping R back, Make 1/4 turn L stepping L side L, Hand clap

[25-32] Vine R with L Scuff, Vine L with R Scuff

1-4 R step side R, L step behind R, R step side R, Scuff L out to side L

5-8 L step side L, R step behind L, L step side L, Scuff R out to side R

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