

Rhythm of Life - Flash Mob Dance

COPPER KNOB
BY SHEETS

拍數: 80

牆數: 1

級數: Absolute Beginner - (suitable for non-dancers)



編舞者: Gerard Murphy (CAN) - February 2019

音樂: You Should Be Dancing - Various Artists : (CD: Rewind the 80's and 90's - Single - iTunes - 3:24)

Start point: Starts after 16 counts.

Arm Crosses Moving Up

[1-8] Arm crosses with fists, starting low and going high – ending with wrists crossed. Eyes watch hands crossing and head moves gradually up.

Out, Clap, Out, Clap, Elbows Down (Hold x4)

1-4 Keeping arms high, open arms wide and clap – do this 2x.

5-8 Bring elbows down to sides, elbows bent, forearms facing up, fists clasped – and hold for 4 counts.

Raise Arms Up/Down

1-4 Raise arms high up the air in front of you with palms open and facing up.

5-8 Flip hands (on 5) so that palms are now open and facing down – gradually lower arms to sides.

***body is totally still – no feet/leg movement**

Bounce, Bounce, Bounce, Bounce, Punch (Hold x4)

1-4 Bounce on heels 4x.

5-8 Punch right fist high overhead – and hold it for 4 counts

Side Steps/Touches with Claps x2

1-4 Step right to right, touch left next to right, step left to left, touch right next to left. (Clap on all touches).

5-8 Step right to right, step left next to right, step right to right, touch left next to right. (Clap on all touches).

1-8 Repeat the exact same footwork as the above 8 – but using the opposite feet and therefore going in the opposite direction!

Walks Forward and Back with Claps x2

1-4 Walk forward three times and touch: right, left, right, touch left. (Clap on the touch).

5-8 Walk back three times and touch: left, right, left, touch right. (Clap on the touch).

1-8 Repeat the exact same footwork as the above 8.

Walk Around with Disco Arms x2

1-8 Walk a wide full circle going clockwise to your right – with arms rolling in a disco move.

1-8 Repeat the exact same as above 8.

Start Over!

Contact: dance@trybarefoot.com,