

HandClap

拍數: 112 牆數: 1 級數: Phrased Improver
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音樂: HandClap - Fitz and The Tantrums



Intro: 32 counts

Sequence: A-Tag-B-A-Tag-B-C-AA-Tag-B-C-AA-B

PART - A (32Counts)

Sec 1 : Vine Right, Side Flick x2

- 1, 2 RF right side (1), LF behind RF (2)
- 3, 4 RF right side (3), LF Touch beside RF (4)
- 5, 6 LF left side with Both hands side (5), RF flick forward of LF & Hit your right foot with your left hand (6)
- 7, 8 RF right side (7), LF flick behind of RF & Hit your left foot with your right hand (8)

Sec 2 : Vine Left, Side Flick x2

- 1, 2 LF left side (1), RF behind LF (2)
- 3, 4 LF left side (3), RF Touch beside LF (4)
- 5, 6 RF right side (5), LF flick forward of RF & Hit your left foot with your right hand (6)
- 7, 8 LF left side (7), RF flick behind of LF & Hit your right foot with your left hand (8)

Sec 3 : Side Touch, V-Step

- 1, 2 RF right side & LF touch beside RF (1), Hold (2)
- 3, 4 LF left side & RF touch beside LF (3), Hold (4)
- 5, 6 RF right diagonal (5), LF left diagonal(6)
- 7, 8 RF inside (7), LF close RF (8)

Sec 4 : Side Touch, V-Step

- 1, 2 RF right side & LF touch beside RF (1), Hold (2)
- 3, 4 LF left side & RF touch beside LF (3), Hold (4)
- 5, 6 RF right diagonal (5), LF left diagonal(6)
- 7, 8 RF inside (7), LF close RF (8)

PART - B (16Counts)

Sec 1 : R Side, Cross, Side, Clap

- 1, 2 RF right side (1), LF cross RF (2)
- 3, 4 RF right side (3), In place Clap down the right diagonal (4)
- 5&6& (Clap from right to left) Clap (5), Clap (&), Clap (6), Clap (&)
- 7, 8 Clap (7), Clap (8)

Sec 2 : L Side, Cross, Side, Clap

- 1, 2 LF left side (1), RF cross LF (2)
- 3, 4 LF left side (3), In place Clap down the left diagonal (4)
- 5&6& (Clap from left to right) Clap (5), Clap (&), Clap (6), Clap (&)
- 7, 8 Clap (7), Clap (8)

PART - C (64Counts)

Sec 1 : Side Step & Hip Sway

- 1, 2 RF right side hip sway R with right hand up (1) LF side point (2)
- 3, 4 LF left side hip sway L with left hand up (3) RF side point (4)
- 5, 6 Hip sway R (5), LF side point (6)

7, 8 Hip sway L (7), RF side point (8)
(Fold the raised hands down slowly (5)(6)(7)(8))

Sec 2 : Step Forward, Pivot 1/2 Turn x 2

1, 2 RF forward with right hand side (1)(2)
3, 4 LF forward with left hand side (3)(4)
5, 6 RF forward (5), 1/2 Turn L step LF forward (6)
7, 8 RF forward (7), 1/2 Turn L step LF forward (8)

Sec 3 : Big Step, Drag, Unwind Full Turn

1, 2 RF big step right side & LF drag to the RF (1)(2)
3, 4 LF behind RF (3), RF cross forward of LF (4)
5,6,7,8 Unwind full turn L finishing weight on LF (5)(6)(7)(8)

Sec 4 : Side Step, Hands Up, Hands Down

1, 2 RF right side with right hand side (1), LF left side with left hand side (2)
3, 4 Raise both hands and clap hands (3), Hold (4)
5,6,7,8 Fold the raised hands down slowly (5)(6)(7)(8)

Sec 5 : Side Step & Hip Sway

1, 2 RF right side hip sway R with right hand up (1) LF side point (2)
3, 4 LF left side hip sway L with left hand up (3) RF side point (4)
5, 6 Hip sway R (5), LF side point (6)
7, 8 Hip sway L (7), RF side point (8)
(Fold the raised hands down slowly (5)(6)(7)(8))

Sec 6 : Step Forward, Pivot 1/2 Turn x 2

1, 2 RF forward with right hand side (1)(2)
3, 4 LF forward with left hand side (3)(4)
5, 6 RF forward (5), 1/2 Turn L step LF forward (6)
7, 8 RF forward (7), 1/2 Turn L step LF forward (8)

Sec 7 : Big Step, Drag, Unwind Full Turn

1, 2 RF big step right side & LF drag to the RF (1)(2)
3, 4 LF behind RF (3), RF cross forward of LF (4)
5,6,7,8 Unwind full turn L finishing with weight on LF (5)(6)(7)(8)

Sec 8 : Side Step, Clap, Pose

1, 2 RF right side with right hand side (1), LF left side with left hand side (2)
3, 4 Raise both hands and clap hands (3), Hold (4)
5,6,7,8 Make a Pose (5)(6)(7)(8)

PART - Tag (8counts)

Sec 1 : Slow Step, Step Back, Together

1, 2 RF step forward (1), Hold (2)
3, 4 LF step forward (3), Hold (4)
5, 6 RF step back (5), LF step back (6)
7, 8 RF step back (7), LF together RF (8)

Enjoy Dance

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