

拍數: 32                      牆數: 2                      級數: Absolute Beginner  
編舞者: Leslie Fjelltveit (NOR) - September 2022  
音樂: Y.M.C.A. - Village People

**Grapevine right, step and touch x 2.**

- 1                      Step RF to the right.
- 2                      LF cross behind RF.
- 3                      Step RF to the right. .
- 4                      Touch LF next to RF.
- 5                      Step LF to the left
- 6                      Touch RF next
- 7                      Step RF to the right
- 8                      Touch LF next to RF.

**Grapevine left, step and touch x 2**

- 1                      Step LF to the left
- 2                      RF cross behind LF
- 3                      Step LF to the left .
- 4                      Touch RF next to LF
- 5                      RF step to the right
- 6                      Touch LF next RF
- 7                      Step LF to the left
- 8                      Touch RF next to LF

**Step back and touch x 2, walk backward RLR together.**

- 1                      Step RF backwards diagonal to the right
- 2                      Touch LF next to RF
- 3                      Step LF backwards diagonal to the left
- 4                      Touch RF next to LF
- 5                      Step back on RF
- 6                      Step back on LF
- 7                      Step back on RF
- 8                      Step Together LF next to RF

**Walk forward heel toe x 2 and walk in half circle.**

- 1-2                      Step forward with RF Heel-toe
- 3-4                      Step LF forward Heel-toe
- 5                      Step RF forward turning to backwall
- 6                      Step LF forward turning to backwall
- 7                      Step RF forward turning to backwall
- 8                      Step LF forward next to RF

**TAG: V step, step RF to the Right, SHAKE your hips**

- 1,2,3,4                      Step R fwd onto R diagonal (45 deg), Step L fwd onto L diagonal (45 deg), Step R back to centre, Step L beside R
- 5                      Step RF to the right
- 6,7,8                      SHAKE YOUR HIPS

**TAG after wall 2,6,10**

Its fun to use your arms in the YMCA movement  
Start again and GOOD LUCK!

Last Update: 2 Nov 2022

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