

# Grab Ass

拍數: 40      牆數: 0      級數:  
編舞者: Unknown  
音樂: Dance - Twister Alley



1-2      Right hand, palm down, out to side at shoulder level, twice  
3-4      Left hand, palm down, out to side at shoulder level, twice  
5-8      Forward right foot ½ turn left, in place left, forward right foot ½ turn left, in place left

9-10      Right thumb hitch over right shoulder left, twice  
11-12      Left thumb hitch over left shoulder, twice  
13-14      Two fists as in a rope pull, 2 pulls towards body  
15-16      Two fists as in a rope pull, 2 pulls towards body

17      Right inside wrist touch left hip across body  
18      Left inside wrist touch right hip across body  
19      Right inside wrist touch left  
20      Left inside wrist touch right knee

## Deep crouch position with straight back

21      Right touch floor in front between knees  
22      Left touch floor behind  
23      Right touch floor in front between knees  
24      Stand up and clap

## On above you can do a 3 beat twist & clap instead

### Slight bend over on following 8 beats

25-28      Right at hip fast roll of both hands (2 beats) at hip level, stand up and roll 2 beats shoulder height  
29-32      Left at hip fast roll of both hands (2 beats) at hip level, stand up and roll 2 beats shoulder height  
33      Slap right hip with right palm  
34      Slap left hip with left palm  
35      Grab right buttock with right hand  
36      Grab left buttock with left hand

### Keep hands in place on buttocks for jump steps

37      Jump forward  
38      Jump back  
39      Jump forward turn ¼ left  
40      Clap

**REPEAT**

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