

# The Hampster Dance

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Bill Lorah (USA)  
音樂: The Hampsterdance Song (Radio Edit) - Hampton the Hampster



## STOMP, STOMP, CLAP, CLAP, DO THE HAMSTER

- 1-2      Stomp right foot, stomp left next to right
- 3-4      Clap hands twice
- 5-6      Hamster move: take both hands at chest level and rotate them out and back in while rotating hips
- 7-8      Repeat hamster move (steps 5-6)

## SAILOR STEP, COASTER STEP, LINDY RIGHT

- 1&2      Step right behind left, step left to left side, step right forward
- 3&4      Step left back, step right back, step left forward
- 5&6      Shuffle right, left, right to right side
- 7-8      Rock back onto left, replace weight forward onto right

## ROLLING VINE TO LEFT, TWO POLKAS FORWARD

- 1      Step left to left side into a  $\frac{1}{4}$  turn left
- 2      Step right into  $\frac{1}{4}$  turn left
- 3      Step left into  $\frac{1}{2}$  turn left to face original wall
- 4      Touch right next to left
- 5&6      Polka (shuffle) forward right, left, right
- 7&8      Polka (shuffle) forward left, right, left

## JAZZ BOX, $\frac{1}{4}$ TURN RIGHT JAZZ BOX

- 1-2      Cross step right over left, step back onto left
- 3-4      Step right next to left, step left forward
- 5-6      Cross step right over left, step back onto left
- 7-8      Step right into  $\frac{1}{4}$  turn right, step left next to right

## REPEAT

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