# Hampster Jam



拍數: 0 牆數: 4 級數: Improver

編舞者: Mare Dodd (USA)

音樂: The Hampster Dance Song - Hampton the Hampster



Sequence: A; A

### PART A

## CLAP, CLAP, UNDER, OVER, CHEST, THIGHS

1-2 Clap hands out in front twice3-4 Stomp right, stomp left

5 Lifting right knee, clap hands under knee6 Stepping down on right, clap hands out front

7 Lean back slightly as you touch hands on collarbone

8 Lean forward as you touch hands on thighs (right on right, left on left)

# CLAP, CLAP, UNDER, OVER, CHEST, THIGHS

1-2 Clap hands out in front twice3-4 Stomp left, stomp right

5 Lifting left knee, clap hands under knee6 Stepping down on left, clap hands out front

7 Lean back slightly as you touch hands on collarbone

8 Lean forward as you touch hands on thighs (right on right, left on left)

## FULL PADDLE TURN LEFT & STEP, FULL PADDLE TURN RIGHT & STEP

&1	Hitch right across left, turn 1/3 left on ball of left as you touch right to right side
&2	Hitch right across left, turn 1/3 left on ball of left as you touch right to right side
&3	Hitch right across left, turn 1/3 left on ball of left as you touch right to right side
4	Step right beside left (you should have made one full turn left)
&5	Hitch left across right, turn 1/3 right on ball of right as you touch left to left side
&6	Hitch left across right, turn 1/3 right on ball of right as you touch left to left side
&7	Hitch left across right, turn 1/3 right on ball of right as you touch left to left side

8 Step left beside right (you should have made one full turn right)

Optional arm work: with arms out at shoulders, bend elbows (hands up)

### WALKS FORWARD, HOP & CLAP, WALKS BACK, TURN 1/4 LEFT, HOP & CLAP

1-2-3 Walk forward right, walk forward left, walk forward right

Hop forward on both feet & clap at same time
Walk back right, walk back left, walk back right
Turn ¼ left & hop on both feet - clap at same time

#### **REPEAT**

#### **EXTRAS**

1-2	Bending l	knees, squat	t down, straig	hten	knees &	ዪ stand	up

1-2	Bending knees,	squat down,	straighten knees & stand up
3-4	Bending knees.	squat down.	straighten knees & stand up