

Car Wash

拍數: 32 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: Car Wash - Rose Royce



First taught at the celebration of the 20th Anniversary of Hamilton Road Community Center, which opened in 1977, when "Car Wash" was a #1 hit.

Start on vocal. There is a long instrumental intro with syncopated hand claps. Try clapping along.

VINE RIGHT & CLAP, LEFT & RIGHT HEEL STEPS WITH CAR WASH ARM MOVEMENTS

- 1-2 Step right foot to right side, cross left foot behind right and step
- 3-4 Step right foot to right side, touch left foot together & clap
- 5-6 Touch left heel forward, step left foot together & clap
- 7&8 Touch right heel forward, step right foot together & clap twice

On counts 5-8 there are some optional hand movements. You can polish/buff the cars at the car wash! On counts 5-6 bring left hand up to upper chest level & to left side of body and circle hand around to the left twice like you are polishing your car. On counts 7-8 bring right hand up to upper chest level & to right side of body and circle hand around to the right. Once you get used to "polishing" you can try doing at different levels. Raise your arms higher, or extend arms straight down with hands bent forward to get those lower levels of the cars at the car wash.

VINE LEFT & CLAP, RIGHT & LEFT HEEL STEPS WITH CAR WASH ARM MOVEMENTS

- 1-2 Step left foot to left side, cross right foot behind left and step
- 3-4 Step left foot to left side, touch right foot together & clap
- 5-6 Touch right heel forward, step right foot together & clap
- 7&8 Touch left heel forward, step left foot together & clap twice

See 1st 8 counts for optional hand movements. Start polishing with right hand!

FUNKY WALKIN'

- 1-2 Step right foot forward, step left foot together
- 3-4 Step right foot back, step left foot together
- 5-8 Repeat above 4 counts

To make this funky, twist your body as you do the steps

RIGHT JAZZ BOX WITH ¼ RIGHT, STEP RIGHT & LEFT SLIGHTLY FORWARD WITH CLAPS

- 1-2 Cross right foot over left and step, step left foot back
- 3-4 Step right foot to right side, step left foot together
- 5-6 Step right foot slightly forward, hold & clap
- 7&8 Step left foot slightly forward, hold & clap, clap (weight ends on left foot)

Alternate steps for 5-8

- &5-6 Step right foot forward, step left foot together, hold & clap
- &7-8 Step right foot forward, step left foot together, hold & clap twice

REPEAT

For the dance & song to phrase properly:

The 2nd time you turn to face the rear of the hall, drop the last 4 counts. In other words complete the jazz box with ¼ right turn & start the dance again with the vines. (The singers will be singing "get a wash. Run away!")

This will make things run more smoothly at the car wash! Enjoy!

For the clapping sequence at the beginning:

The first 7 times clap on counts 1, 3, 5&6&7, then clap on counts 2, 4, 6&7&8 until starting the dance on vocals