

Clap Back

拍數: 32 牆數: 4 級數: Advanced
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音樂: Clap Back (Remix) (feat. Jay Z Styles P) - Ja Rule



RESTART: 6th wall, after first 8 counts, restart

Jump kicks 3x, step touch, step, out, out jump clap

1 RF jump backwards, while LF kick forward
& LF jump backwards, while RF kick forward
2 RF jump backwards, while LF kick forward
3 LF kick forward
& LF step to left side
4 RF touch to right side, turn head to left-ground
5 ¼ turn right, RF make big step forward (9.00)
6 LF close to RF
7 RF step out, while pulling shirt right forward
& LF step out, while pulling shirt left forward
8 Jump feet together, clap hands in front

Diagonal slide clap hands 2x, knee slide, cross unwind.

9 RF slide diagonal right backwards
10 LF close to RF, clap hands in front
11 LF slide diagonal left backwards
12 RF close to LF, clap hands in front
13* Sit on right knee
14* LF push away make slide on right knee
15* LF cross over right knee
16* Stand straight with ¼ turn right (6.00)

* Alternative counts 13-16:

13-14 Slide to right side
15 LF cross over RF
16 Unwind 1 ¼ right ending face 6.00

Small diagonal steps, side bodyroll, step side clap, ¼ turn step side, ½ turn step side

17 RF cross behind LF start ½ turn right
& LF step next to RF ending ½ turn right (12.00)
18 RF step next to LF
19 RF small step diagonal right forward, bended knees
& LF small step diagonal left forward, bended knees
20 RF close to LF make side bodyroll (start with right hip, ending right shoulder)
21 LF step to left side
22 RF close to RF, clap hands in front
23 ¼ turn left, RF step right side
24 ½ turn left, LF step left side

Fists together in front of belly, popping chess 3x, single feet jumps 2x, jump together

25 RF step forward, right fist in front of navel
26 LF step next to, left hand around right fist in front of navel
27 Pop chess up and back to right (keep fist in front of navel)
& Pop chess up and back to left

- 28 Pop chess up and back in middle
 - 29 Jump forward on RF, LF keep in back. Left arm up under 90o
 - 30 Jump forward on LF, RF keep in back. Right arm up under 90o
 - 31 Jump forward on RF, LF keep in back. Left arm up under 90o
 - 32 Jump feets together.
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