

Y.M.C.A.

拍數: 64 牆數: 1
編舞者: Mike Del-Boyer (UK) - July 2010
音樂: Y.M.C.A. - Village People

級數: Phrased Beginner / Improver



Sequence: A, A, TAG, B, B, A, A, TAG, B, B, A, A TAG, B, B, B.

(A)

Step right, 3 heel bounces. Step left, 3 heel bounces,

1-4 Step right to right diagonal and bounce right heel 3 times

5-8 step left to left diagonal and bounce left heel 3 times

Walk forwards right left right kick, Back left right left touch

9-12 walk forwards right left right kick the left

13-16 Walk back left right left touch the right

Grapevine right scuff, Grapevine left scuff

17-20 step right to right side, left behind right, right to the side and scuff the left,

21-24 step left to left side, right behind left and left to side and scuff the right,

Step right half turn x 2, out out, in in

25-28 step forwards on right, half turn left stepping onto left x 2

29-32 step right foot out, step left out, step right back in place, step left in place

TAG jazz box x2

1-8 cross right over left, back on left, right to right side, left next to right x2

(B)

We Know this bit!!!! Basic Y.M.C.A x 2 with shimmy

1-16 Y.M.C.A with shimmy at the end x2

Rolling vine right and then left. Grapevine right then left with kick & clap

17-20 Quarter turn right stepping onto right, half turn right step back on left, quarter turn right stepping onto right, touch left next to right with clap.

21-24 Quarter turn left stepping onto left, half turn left step back on right, quarter turn left stepping onto left, touch right next to left with clap.

25-28 Step right to right side, left behind right, right to right side, (lean back kicking left foot and woouo)

29-32 Step left to left side, right behind left, left to left side, (lean back, kick the right and woouo)