

Ymca

Count: 116

Wand: 0

Ebene:

Choreograf/in: Unknown

Musik: Y.M.C.A. - Village People



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|---------|---|
| 1-8 | With right hand point finger and bounce hand as you move it to the right |
| 9-16 | With left hand point finger and bounce hand as you move it to the left |
| 17-24 | With right hand point finger and bounce hand as you move it to the left |
| 25-26 | Throw left hand high in the air, throw right hand high in the air |
| 27-28 | Place left hand on right shoulder, place right hand on left shoulder |
| 29-30 | Place left hand on left hip, place right hand on right hip |
| 31-60 | Repeat 1-30 |
| 61-65 | Push right hip to the right side for 5 counts |
| 66-68 | Bounce body slightly |
| 69-73 | With arms form the letters Y-M-C-A |
| 74-76 | Bounce body slightly |
| 77-80 | Jump and turn right $\frac{1}{4}$ turn, shake hips for 4 counts |
| 81-84 | Jump and turn right $\frac{1}{4}$ turn, shake hips for 4 counts |
| 85-88 | Jump and turn right $\frac{1}{4}$ turn, shake hips for 4 counts |
| 89-92 | Jump and turn right $\frac{1}{4}$ turn, shake hips for 4 counts |
| 93-97 | With arms form the letters Y-M-C-A |
| 98-100 | Bounce body slightly |
| 101-108 | Jump forward and bounce body for 8 counts |
| 109-116 | Make a quick $\frac{1}{2}$ turn to right, jump forward and bounce body for 8 counts |

REPEAT
