

# Y.M.C.A. Dance



**Count:** 64      **Wall:** 1      **Level:** Phrased Improver

**Choreographer:** Lewis Lee - February 2018

**Music:** Y.M.C.A. by The Village People (3:44 - bpm 128)



**Sequence:** AA Tag BB, AA Tag BB, AA Tag BB, B16

**Intro:** 32 counts

## Part A - 32c

**Side R with hand movement from L to R, nodding head with heels bounce x 7 Times, Clap-Clap**

- 1-7      Step R to side R with R hand stretch forward while bouncing R index finger from side L to side R gradually at shoulder height and nodding head with heels bounce x 7 times
- &8      Clap hands twice

**[9-16] Hand movement from R to L, nodding head with heels bounce x 7 Times, Clap-Clap**

- 1-7      Stretch L hand forward while bouncing L index finger from side R to side L gradually at shoulder height and nodding head with heels bounce x 7 times
- &8      Clap hands twice

**[17-24] Hand movement from L to R, nodding head and heels bounce x 7 Times, Clap-Clap**

- 1-7      Stretch R hand forward while bouncing R index finger from side L to side R gradually at shoulder height and nodding head with heels bounce x 7 times
- &8      Clap hands twice

**[25-32] Hand movement R Diagonal, Hold, L Diagonal, Hold, L Hip, R Hip, R Hip Back, L Hip Back**

- 1, 2, 3, 4      Point R index finger to R diagonal upward overhead, Hold; Point L index finger to L diagonal upward overhead, Hold
- 5, 6      Slap R hand on front of left hip, Slap L hand on front of right hip
- 7, 8      Slap R hand on right hip, Slap L hand on left hip

**Tag - 8c Hips Push x 5 times, Hands Rolling Up**

- 1-5      Push hips forward while pulling elbows back with bending knees x 5 times
- 6-8      Roll hands upward from waist to shoulder height and legs straighten up gradually.

## Part B - 32c

**[1-8] Hand movements form the letters Y.M.C.A., Hand Rolls**

- 1, 2      Hands raise diagonal upwards overhead to either side to form letter Y, Hold
- 3&4      Bring hands down with finger tips on the top of head to form the letter M, Bring hands open to side L to form the reverse letter C, Bring hands over head with finger tips touching to form the letter A.
- 5-8      Roll hands upward from waist to shoulder height with bending knees and straighten up gradually.

**[9-16] Hand movements form the letters Y.M.C.A., Hand Rolls**

- 1-8      Repeat 1-8 count of part B

**[17-24] Rolling Vine R with Clap, Rolling Vine L with Clap**

- 1-4      Make 1/4 turn R stepping R fwd, Make 1/2 turn R stepping L back, Make 1/4 turn R stepping R side R, Hand clap
- 5-8      Make 1/4 turn L stepping L fwd, Make 1/2 turn L stepping R back, Make 1/4 turn L stepping L side L, Hand clap

**[25-32] Vine R with L Scuff, Vine L with R Scuff**

- 1-4 R step side R, L step behind R, R step side R, Scuff L out to side L  
5-8 L step side L, R step behind L, L step side L, Scuff R out to side R

**Enjoy!**

**Optional Intro - 32c:**

**[1-8] R Side, L Touch, L Side, R Touch, R Side, L Touch, L Side, R Touch**

- 1-4 R step side R, L touch beside R, L step side L, R touch beside R  
5-8 R step side R, L touch beside R, L step side L, R touch beside R

**[9-16] R Side, Tog, Side, Touch, L Side, Tog, Side, Touch**

- 1-4 R step side R, L step beside to R, R step side R, L touch beside to R  
5-8 L step side L, R step beside to L, L step side L, R touch beside to L

**[17-24] Rolling Vine R with Clap, Rolling Vine L with Clap**

- 1-4 Make 1/4 turn R stepping R fwd, Make 1/2 turn R stepping L back, Make 1/4 turn R stepping R side R, Hand clap  
5-8 Make 1/4 turn L stepping L fwd, Make 1/2 turn L stepping R back, Make 1/4 turn L stepping L side L, Hand clap

**[25-32] Vine R with L Scuff, Vine L with R Scuff**

- 1-4 R step side R, L step behind R, R step side R, Scuff L out to side L  
5-8 L step side L, R step behind L, L step side L, Scuff R out to side R

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