

Kabouterdans

Compte: 0

Mur: 4

Niveau: Beginner



Chorégraphe: Ron Welters (NL)

Musique: Kabouterdans (The Groovy Dance Mix) - Kabouter Plop

Sequence: AAAAA, B, AAAAA, BB, AAAAA, BB, AA

Start dance after first 32 counts. Translation by DJ Alex (NL) and DJ Tim Ruzgar (UK)

Visit <http://www.lukeswartz.com/belgium/plopdans.htm> for more information about this dance

PART A (THE FREEZE)

GRAPEVINE RIGHT, GRAPEVINE LEFT

- 1-4 Step right to the right, cross left behind right, step right to the right, hop or scoot on right
5-8 Step left to the left, cross right behind left, step left to the left, hop or scoot on left

STEP BACK RIGHT, LEFT, RIGHT, HOP, STEP, ROCK, STEP, ROCK

- 9-12 Step back right, step back left, step back right, hop or scoot on right
13-16 Step forward left, rock back on right, rock forward left, lift right & turn ¼ left

PART B (THE FUN!)

FULL TURN (TO LEFT), STOMP FEET IN PLACE (SHOULDER WIDTH APART)

- 1-4 Step right, left, right, left
5-8 Stomp right, stomp left, stomp right, stomp left

WAVING ARMS, SQUATS, IN PLACE

- 9-12 Just wave both your arms in the air, left, right, left, right

Bend your knees, stick your bum out, put your hands on your knees

- 13-16 Stomp right, stomp left, stomp right, stomp left

GOOSE WALK

Stay in squat position, keep hands on knees, full turn left over 8 counts

- 17-24 Stomp right, stomp left, stomp right, stomp left, stomp right, stomp left, stomp right, stomp left

REPEAT