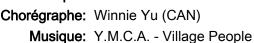
Ymca

Compte: 132 Mur: 1 Niveau: Beginner





Starting with feet shoulder width facing 1/4 left (9:00)

RIGHT HAND STRAIGHT OUT TO THE RIGHT SIDE WITH INDEX FINGER POINTING IN & OUT, CLAP HANDS. JUMP ½ TURN RIGHT

1-7 Right hand straight out to the right side with index finger pointing in and out (keep arm straight at shoulder level)

Option: bounce right feet along with music

&8 Clap hands, clap hands and jump ¹/₂ turn right facing 3:00 (feet shoulder width apart)

REPEAT COUNT 1-8 WITH LEFT HAND, JUMP ½ TURN LEFT

- 9-15 Repeat count 1-7 with left hand
- &16 Clap hands, clap hands and jump 1/2 turn left facing 9:00 (feet shoulder width apart)

REPEAT COUNT 1-7, CLAP HANDS, JUMP 1/4 TURN RIGHT

- 17-23 Repeat count 1-7 with right hand
- &24 Clap hands, clap hands and jump 1/4 turn right facing 12:00

RIGHT HAND STRAIGHT UP, LEFT HAND STRAIGHT UP, RIGHT HAND TOUCH LEFT SIDE WAIST, LEFT HAND TOUCH RIGHT SIDE WRIST, RIGHT HAND STRAIGHT DOWN, LEFT HAND STRAIGHT DOWN

- 25-26 Right hand straight up, left hand straight up
- Option: right foot step forward when right arm straight up, left foot step forward when left arm straight up 27-28 Right hand move to left waist, left hand move to right waist
- 29-30 Right arm straight down to right side of body, left hand straight down to left side of body

REPEAT COUNT 1-30

31-60 Repeat count 1-30

1/2 TURN LEFT WITH RIGHT FOOT STOMPING 5X, STEP 1/2 RIGHT, HOLD BOTH ARMS ACROSS AT CHEST LEVEL. HOLD

- 61-65 Making ¹/₂ turn left by stomping right foot 5 times facing 6:00
- 66 Making ¹/₂ turn right step on right foot facing 12:00
- 67-68 Hold both arms across at chest level, hold

MAKING A Y, M, C, A SIGN WITH BOTH HANDS, RIGHT HAND WITH INDEX FINGER POINT DOWN(3X)

- 69-70 Making a "Y" sign with right & left hands, hold
- 71 Making a "M" sign with right & left hands
- Making a "C" sign with right & left hands 72
- 73 Making a "A" sign with right & left hands
- 74-76 Right hand with index finger point down 3 times

Option: look down to the right side and bounce right foot 3 times at the same time

REPEAT COUNT 69-76

77-84 Repeat count 69-76

WALK FORWARD, LEFT FOOT KICK, WALK BACKWARD, RIGHT FOOT TOUCH

- Walk forward-right, left, right, kick left foot to the front 85-88
- 89-92 Walk backward-left, right, left, touch right foot to the right

SIDE, TOGETHER, SIDE, TOUCH (RIGHT), SIDE, TOGETHER, SIDE, TOUCH (LEFT)

93-96 Step right to right side, step left next to right, step right to right side, touch left next to right (with rolling hands)

Option: triple steps full turn right (rolling vine), clap hands

97-100 Step left to left side, step right next to left, step left to left side, touch right next to left (with rolling hands)

Option: triple steps full turn left (rolling vine), clap hands

REPEAT COUNT 69 TO 100

101-132 Repeat count 69-100

REPEAT