

Clap 4 Health

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
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音乐: Clap 4 Health - JYL STEINBACK



Intro- 32 counts

(RT) TAP RT-LT & STEP-BEHIND-SHUFFLE STEP

- 1,2, Tap right toe to right and step next to left foot –CLAP with “step” (count 2)
- 3,4 Tap left toe to left and step next to right foot –CLAP with “step” (count 4)
- 5,6 Step right to right, step left behind right
- 7&8 Step right to rt, left next to rt, right to rt (cha-cha-cha rhythm)

(LT) HOP FWD-HOLD, HOP BACK-HOLD, GRAPEVINE ¼ TURN SCUFF

- &1, 2 Hop (both feet forward) & HOLD/CLAP
- &3, 4 Hop (both feet back) & HOLD/CLAP
- 5,6,7,8 Step lt to lt, rt behind lt, lt to lt (turn 1/4 to lt) & “scuff” rt (wall 9)

(RT) MAMBO & WALK UP 3x & KICK

- 1,2,3,4 Rock rt foot fwd and recover back on lt, rock rt foot back and recover on lt
- 5,6,7,8 Walk forward – right, left, right, and Kick left foot forward

(LT) STEP TOUCH BACK, STEP TOUCH BACK, STEP & SHAKE TO LT

- 1,2 Step left foot back left diagonally, touch right next to left/CLAP
- 3,4 Step right foot back right diagonally, touch left next to right/CLAP
- 5,6, Step left foot to lt side and slow “booty shake” (weight rt to lt)
- 7,8 Touch rt toe next to left foot and HOLD- CLAP with counts 7, 8

More info. @ www.Clap4Health.com

Music source: 602-996-6300 - Jyl@ShapeUpUS.org - www.Clap4Health.com

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