

Grab Ass

拍数: 40 墙数: 0 级数:
编舞者: Unknown
音乐: Dance - Twister Alley



1-2 Right hand, palm down, out to side at shoulder level, twice
3-4 Left hand, palm down, out to side at shoulder level, twice
5-8 Forward right foot ½ turn left, in place left, forward right foot ½ turn left, in place left

9-10 Right thumb hitch over right shoulder left, twice
11-12 Left thumb hitch over left shoulder, twice
13-14 Two fists as in a rope pull, 2 pulls towards body
15-16 Two fists as in a rope pull, 2 pulls towards body

17 Right inside wrist touch left hip across body
18 Left inside wrist touch right hip across body
19 Right inside wrist touch left
20 Left inside wrist touch right knee

Deep crouch position with straight back

21 Right touch floor in front between knees
22 Left touch floor behind
23 Right touch floor in front between knees
24 Stand up and clap

On above you can do a 3 beat twist & clap instead

Slight bend over on following 8 beats

25-28 Right at hip fast roll of both hands (2 beats) at hip level, stand up and roll 2 beats shoulder height
29-32 Left at hip fast roll of both hands (2 beats) at hip level, stand up and roll 2 beats shoulder height
33 Slap right hip with right palm
34 Slap left hip with left palm
35 Grab right buttock with right hand
36 Grab left buttock with left hand

Keep hands in place on buttocks for jump steps

37 Jump forward
38 Jump back
39 Jump forward turn ¼ left
40 Clap

REPEAT