Clap Back



拍数: 32 墙数: 4 级数: Advanced 编舞者: Sophia van Hees (NL) & Soraya van Hees - April 2008

音乐: Clap Back (Remix) (feat. Jay Z Styles P) - Ja Rule



RESTART: 6th wall, after first 8 counts, restart

Jump kicks 3x, step touch, step, out, out jump clap

1	RF jump backwards, while LF kick forward
&	LF jump backwards, while RF kick forward
2	RF jump backwards, while LF kick forward

3 LF kick forward& LF step to left side

4 RF touch to right side, turn head to left-ground 5 ¼ turn right, RF make big step forward (9.00)

6 LF close to RF

RF step out, while pulling shirt right forward
LF step out, while pulling shirt left forward
Jump feet together, clap hands in front

Diagonal slide clap hands 2x, knee slide, cross unwind.

9	RF slide diagonal right backwards
10	LF close to RF, clap hands in front
11	LF slide diagonal left backwards
12	RF close to LF, clap hands in front

13* Sit on right knee

14* LF push away make slide on right knee

15* LF cross over right knee

16* Stand straight with ¼ turn right (6.00)

* Alternative counts 13-16:

13-14	Slide to right side
15	LE cross over RE

16 Unwind 1 ¼ right ending face 6.00

Small diagonal steps, side bodyroll, step side clap, ¼ turn step side, ½ turn step side

17	RF cross bening LF start ½ turn right
0	LE atau mant to DE and then 1/ town whilet /40.0

& LF step next to RF ending ½ turn right (12.00)

18 RF step next to LF

19 RF small step diagonal right forward, bended knees & LF small step diagonal left forward, bended knees

20 RF close to LF make side bodyroll (start with right hip, ending right shoulder)

21 LF step to left side

22 RF close to RF, clap hands in front 23 ¼ turn left, RF step right side 24 ½ turn left, LF step left side

Fists together in front of belly, popping chess 3x, single feet jumps 2x, jump together

25 RF step forward, right fist in front of navel

26 LF step next to, left hand around right fist in front of navel 27 Pop chess up and back to right (keep fist in front of navel)

& Pop chess up and back to left

28	Pop chess up and back in middle
29	Jump forward on RF, LF keep in back. Left arm up under 90o
30	Jump forward on LF, RF keep in back. Right arm up under 900
31	Jump forward on RF, LF keep in back. Left arm up under 90o
32	Jump feets together.