

Y.M.C.A.

Choreographers: Susan & Harry Brooks

Music: YMCA by Village People

Description: Beginner Circle Dance

Introduction: 36 counts – 24 counts from “horns”, start on vocals

Section A – 32 Counts With 32 Count Repeat

1-4 Vine Right

Step right foot, step behind with left foot, step right foot, kick left & clap

5-8 Rolling Vine Left

Step left with left foot ¼ left, step right with right foot ¼ left, pivoting on ball of right foot turn ½ left, step left, touch right next to left foot & clap

9-16 Repeat 1-8

17-20 Stroll Step Forward With Scuff & Clap

Step forward right, bring left foot up to right foot & cross behind left foot, step forward right, scuff left foot forward & clap

21-24 Stroll Step Forward Left With Scuff & Clap

Step forward left, bring right foot up and cross behind left foot, step forward left, scuff right foot forward, scuff right foot forward and clap

25-32 Step Back, Touch Clap

Step back right foot, touch left to right & clap, step back left foot, touch right to left & clap

Step back right foot, touch left to right & clap, step back left foot, touch right to left & clap

Repeat 32 counts

Section B – 8 Count Special

1-4 Step forward right, left right, kick left foot forward & clap

5-8 Step back left, right, left, jump together & clap

Section C – YMCA, With 16 Count Extension

1-4 Make YMCA Letters

5-8 With hands on hips, wiggle right down, left down, right up, left up

9-16 Repeat YMCA 1-8

16 Count Extension

1-8 Two Charleston Steps

Step forward right, kick left forward & clap, step back left, touch right toe back & clap

Step forward right, kick left forward & clap, step back left, touch right toe back & clap

9-16 Step Slides Right & Left

Step right, together left, step right, kick left & clap. Step left, together right, step left, kick right & clap

Repeat Sections C

To finish song:

1. Repeat all 3 sections above 2 more times
2. Do a single 32 count A
3. Do 1 & ½ section c

Pam & Eagle Lindsey
dancin.feats@verizon.net
<http://www.dancinfeats.com/>