

YMCA

- Choreographer: **Winnie Yu (Dance Pooh)** (Canada) Feb. 2004
- Beginner/novice level, 132 counts
- Music: YMCA by The Village People

Starting Point: Stand with 2 feet shoulder apart at ¼ left (facing 9 o'clock)

Right hand straight out to the right side with index finger pointing in & out, clap hands, jump ½ turn R

- 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, (8) clap hands and jump ½ turn right facing 3 o'clock (both feet shoulder 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 ½ turn left facing 9 o'clock (both feet shoulder apart)

Repeat Count 1-7, clap hands, jump ¼ turn right

- 17-23 Repeat count 1-7 with right hand
- & 24 Clap hands, clap hands and jump ¼ turn right facing 12 o'clock

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 fwd when right arm straight up, left foot step fwd 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 (Note: Start from the STARTING POINT)

- 31-60 Repeat count 1-30

½ turn left with right foot stomping 5x, step ½ right, hold both arms across at chest level, hold

- 61-65 Making ½ turn left by stomping right foot 5 times facing 6 o'clock
- 66 Making ½ turn right step on right foot facing 12 o'clock
- 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 R & L hands, hold
- 71 Making a "M" sign with R & L hands
- 72 Making a "C" sign with R & L hands
- 73 Making a "A" sign with R & L 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

85-88 Walk forward-R, L, R, kick left foot to the front

89-92 Walk backward—L, R, L, 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

****Start again (from the Starting Point) and have fun****