

## **The YMCA:**

- Music:
1. YMCA by The Village People
  2. YMCA by Classic Party Music
  3. YMCA by Kid's Dance Party

### Steps:

#### Part 1:

1. March in place, 8 counts.
2. March forward, right, left, right, and on the left step clap hands.
3. March back, left, right, left, and on the right step clap hands.
4. Repeat # 2.
5. Repeat # 3.
6. Traveling turn, to the right side: lead with right foot, 3 counts, then on the 4<sup>th</sup> count left toe-tap with hand clap.
7. Traveling turn, to the left side: lead with left foot, 3 counts, then on the 4<sup>th</sup> count right toe-tap with hand clap.
8. Repeat # 6: Traveling turn, to the right side: lead with right foot, 3 counts, then on the 4<sup>th</sup> count left toe-tap with hand clap.
9. Repeat # 7: Traveling turn, to the left side: lead with left foot, 3 counts, then on the 4<sup>th</sup> count right toe-tap with hand clap.
10. Disco Fever pointing, 8 counts, like John Travolta in Saturday Night Fever.
11. Roll hands around each other, "4-3-2", on "1" right hand flips up and out to the side (fanfare).
12. Roll hands around each other, "4-3-2", on "1" left hand flips up and out to the side (fanfare).

#### Part 2: During the Chorus

11. "YMCA"; arms form each letter, every time "YMCA" sung.
  - Y: arms are above head at 45 degree angles, elbows straight, palms facing in towards one another.
  - M: arms above head, elbows bent so finger tips can touch the top of your head, back of hands touching one another.
  - C: right arm waist height, with a bend in the elbow, palm facing up, wrist slightly bent up.  
left arm from shoulder to elbow, straight over head; elbow to wrist bent over the top of your head to the right side; wrist slightly bent down, with palm facing down.
  - A: both arms straight above, angled in so your finger tips are touching, palms facing one another.
12. Skate: pivoting feet to right side while throwing thumbs out to the side; pivoting feet to left side while throwing thumbs out to the side.
13. Leg kicks: kick legs/feet across body, one at a time, (criss-crossing legs).

\*\*Then begin the entire dance over again.