

Fluffy Drive

Count: 32

Wand: 0

Ebene: Seated Dance for Disabled or elderly person



Choreograf/in: Wild Bill McKechnie (UK) - November 2016

Musik: Fluffy Snow - William Mckechnie

Intro: 8 Count

SECTION 1 □□

- 1-2 Stretch both arms forward fingers straight - Hold
- 3-4 Pull hands back making fists with thumbs up - Hold
- 5-6 Bring thumbs towards shoulders - Drop fists down with thumbs up
- 7-8 Bring thumbs towards shoulders - Drop fists down with thumbs up

SECTION 2

- 9-10 Push both fists out to right side - Hold
- 11-12 Return fists facing forward - Hold
- 13-14 Push both fists out to right side - Hold
- 15-16 Return fists facing forward - Hold

SECTION 3

- 17-18 Stretch both arms forward fingers straight - Hold
- 19-20 Pull hands back making fists with thumbs up - Hold
- 21-22 Bring thumbs towards shoulders - Drop fists down with thumbs up
- 23-24 Bring thumbs towards shoulders - Drop fists down with thumbs up

SECTION 4

- 25-26 Push both fists out to right side - Hold
- 27-28 Return fists facing forward - Hold
- 29-30 Push both fists out to right side - Hold
- 31-32 Return fists facing forward - Hold

Repeat Sections 1 to 4 and add 4 count Tag below

TAG

- 1-2 Place both hands on opposite shoulders at same time - Hold
- 3-4 Drop both hands on to thighs (Right hand right leg/Left hand left leg) - Hold

End of dance Restart

After 4th repetition of full dance repeat sections 1, 2, 3, 4, 1 and then add end

End

- 1-2 Place right hand on left shoulder - Place left hand on right shoulder
- 3-4 Place right hand on right leg - Place left hand on left leg
- 5-6 Put both hands out to either side - Clap

Danced

- 1 To 32 Repeat Add Tag
- 1 To 32 Repeat Add Tag
- 1 To 32 Repeat Add Tag
- 1 To 32 Repeat Add Tag
- 1 to 32 End

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