

Johnny Be Good

COPPER KNOB
BY STEPHENETS

Count: 24

Wand: 4

Ebene: Beginner

Choreograf/in: Wendy Haggerty (USA) - March 2018

Musik: Johnny B. Goode - Chuck Berry



BEES KNEES

1-8 Hands on knees, wobble both knees in and out as switch cross of forearms

slow rhythm

Option: double time bees knees with rhythm of music 1&2&3&4...

SLAP THIGHS, CLAP, HAND JIVE

1-2 Hands slap thighs

3-4 Clap hands together

5&6&7&8 Hand jive, alternately crossing right hand over left and left over right

(You can jazz this up with a couple thumb throws over the shoulder)

GUITAR HERO

1&2&3&4 Kick right hip to right side and bend left knee out to left side, act like you're playing a guitar

DUCK WALKS ¼ TURN

5-8 Walk on toes making a ¼ turn left

NOTE: this dance was choreographed as a showcase dance at Moving Day Atlanta 2018 which is an annual event in support of people with Parkinson's Disease. It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.

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Enjoy and spice it up!

Contact choreographer: Whaggerty2016@gmail.com/www.ZestYogaAndFitness.com