

Band On The Run (Music & Motion) (Chair Dance)

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 1

Niveau: Beginner Chair Dance

Chorégraphe: V. Allen L. Isidro (USA) - October 2022

Musique: Band On The Run - Paul McCartney & Wings



Note: Music & Motion by LDVALI is a seated dance exercise program series.

Sequence: AA AA AA AA AAA – BB BB BB BBB CCC Tag

Main Song Phrase – CC CC DD DD CC CC DD DD until the end

Intro (16-count lead into the music)

Part A (all hand motions)

SWAY BOTH HANDS RIGHT TO LEFT & FLICKERING FINGERS TO LEFT

1-2-3-4 Sway both hands left-right-left-right

5-6-7-8 Move both hands to left up in the air with flickering fingers

SWAY BOTH HANDS LEFT TO RIGHT & FLICKERING FINGERS TO RIGHT

1-2-3-4 Sway both hands right-left-right-left

5-6-7-8 Move both hands to right up in the air with flickering fingers

Repeat Set A five and a half (5 ½) times

Part B (all footwork)

RIGHT HEEL-HEEL-STOMP-HOLD, LEFT HEEL-HEEL-STOMP-HOLD

1-2-3-4 Right heel-heel-stomp-hold

5-6-7-8 Left heel-heel-stomp-hold

Repeat Set B nine times (9x)

Part C (all hand motions)

BOTH HAND FISTS PUSHING FROM CHEST OUT TO RIGHT & LEFT

1-2-3-4 Push double fists right-right-left-left

5-6-7-8 Push double fists right-right-left-left

Repeat Set C two time (3x)

TAG Air Lead Guitar with right hand strumming on about 16 count

Air Rhythm Guitar with left hand strumming on about 16 count

(based on the guitar music interlude)

Repeat Set C but alternating with Part D every 32-ct

Part D (hands & feet slow motion run)

ALTERNATING RIGHT & LEFT HANDS MOVING SIMULTANEOUSLY WITH RIGHT & LEFT FEET

1-2 Step right with right hand moving forward, step left with left hand moving forward
like in an upright half-circular motion

3-4 Step right with right hand moving forward, step left with left hand moving forward
like in an upright half-circular motion

5-6 Step right with right hand moving forward, step left with left hand moving forward
like in an upright half-circular motion

7-8 Step right with right hand moving forward, step left with left hand moving forward

like in an upright half-circular motion

Repeat Set D but alternating with Part C every 32-ct

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