Freeze Your Giddy (Chair Dance)

Compte: 32   **Mur:** 0   **Niveau:** Chair

Chorégraphe: Jennifer Jones (USA) - August 2023
Musique: Giddy Up! - Shania Twain

Section 1: MARCH/CLAP, RAISE ARMS UP & DOWN

1, 2	Step R, Raise L arm up & drop R arm (1), Step L, Raise R arm up & drop L arm (2)
3, 4	Step L, Raise R arm up & drop L arm (3), Clap (4)
5, 6	Step L, Raise R arm up & drop L arm (5), Step R, Raise L arm up & drop R arm (6)
7, 8	Step R, Raise L arm up & drop R arm (7), Clap (8)

Section 2: HEEL TOGETHER 4 TIMES REACHING ARMS FWD AND BACK TAPPING KNEES & THIGHS

1, 2	Touch R heel fwd. reaching R hand fwd. tap knee (1); Step R together pulling R hand back, tap thigh (2)
3, 4	Touch L heel fwd. reaching L hand fwd. tap knee (3); Step L together pulling L hand back tap thigh (4)
5, 6	Touch R heel fwd. reaching R hand fwd. tap knee (5); Step R together pulling R hand back, tap thigh (6)
7, 8	Touch L heel fwd. reaching L hand fwd. tap knee (7); Step L together pulling L hand back tap thigh (8)

Section 3: REACH AND FREEZE, RIGHT, LEFT, FORWARD AND BACK (POSING IN A FROZEN POSITION, EACH TIME, HAVE FUN, BE CRATIVE!)

1, 2	Reach both arms to the right and hold that pose
3, 4	Reach both arms to the left and hold that pose
5, 6	Reach both arms to the front and hold that pose (for balance step R foot fwd.)
7, 8	Reach both arms back and hold that pose (for balance keep R foot fwd.)

Section 4: MOVE YOUR BODY, WAVE YOUR ARMS, ANY DIRECTION WHILE COUNTING 1-8, JUST HAVE FUN!!!!

1 – 8	Sway your body, wave your arms, and count to eight, be creative, just move, just have fun!

Begin dance again

This chair dance was created so those that are unable to stand can still dance. We must always remember, Though our bodies are ageing and not always in working condition, our minds are still young and yearning for more. Love, be patient, kindness goes a long way. Happy dancing however it looks. :)

This step sheet cannot be altered without written permission.
Contact: jenjones2018dance@gmail.com

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