

Pick A Bale - Chair Dance

COPPER KNOB
BYEFOURNETS

Compte: 48

Mur: 0

Niveau: Chair Dance



Chorégraphe: Pat Margarita (USA) - June 2014

Musique: Pick a Bale of Cotton - Lonnie Donegan

Instructor Faces Group, Sitting

Sitting On Chair With Heels Flat On The Floor, Mirror Instructor Moves

SIDE TOUCHES, HITCH, STOMP, STOMP, CLAP, CLAP

1-4 TOUCH LEFT FOOT TO LEFT SIDE, RAISE LEFT KNEE AND SLAP WITH RIGHT HAND
2X'S

5-8 STOMP LEFT FOOT, STOMP RIGHT FOOT, CLAP 2X'S

1-8 REPEAT PATTERNS, 1-8 ON RIGHT SIDE

1-16 REPEAT BOTH PATTERNS.

FORWARD HEEL TOUCHES

1-4 TOUCH LEFT HEEL FORWARD, RETURN TO CENTER, TOUCH RIGHT HEEL
FORWARD, RETURN TO CENTER

5-8 TOUCH LEFT FORWARD, RETURN TO CENTER, TOUCH RIGHT HEEL FORWARD,
RETURN TO CENTER.

1-8 REPEAT PATTERNS 1-8

BEGIN AGAIN

Contact: instructor5678@gmail.com
