

Rocking With You (Chair Dance)

COPPER **KNOB**
BY SHEETS

拍数: 32 墙数: 0 级数: Beginner Chair Dance
编舞者: Gail A. Dawson (USA) - August 2021
音乐: Rock With You - Michael Jackson



Intro - 32 Counts, begin with lyrics, No Tags, No Restarts

TWIST, TWIST, TWIST, TWIST, DOWN, RECOVER, DOWN, RECOVER

1,2,3,4 Twist reaching arm across body L, R, L, R
5, 6 R step out to R reaching R hand diagonally down to L, recover to starting position
7,8 L step out to L reaching L hand diagonally down to R, recover to starting position

TWIST, TWIST, TWIST, TWIST, DOWN, RECOVER, DOWN, RECOVER

1,2,3,4 Twist reaching arm across body L, R, L, R
5, 6 R step out to R reaching R hand diagonally down to L, recover to starting position
7,8 L step out to L reaching L hand diagonally down to R, recover to starting position

HEEL, STEP, STEP, HOLD, HEEL, STEP, STEP, HOLD

1, 2 R heel touch forward as L hand reaches forward, L step in place as L hand recovers
3, 4 R step beside L, hold
5, 6 L heel touch forward, R step in place
7, 8 L step beside R, hold

KNEE LIFT, KNEE LIFT, KNEE LIFT, KNEE LIFT

1,2 R knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, R step beside L as arms return
3,4 L knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, L step beside R as arms return
5,6 R knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, R step beside L as arms return
7,8 L knee lift as both arms with elbows bent at 90 degree angle move in an arc from straight up to forward position, L step beside R as arms return

Based on Rocking With You by Liz Atkinson
