Fishin' in the Dark (Chair Dance)

拍数: 24 **墙数:** 1 **级数:** Absolute Beginner (Chair dance)
编舞者: Laura Rittenhouse (AUS) - April 2022
音乐: Fishin' In the Dark - Nitty Gritty Dirt Band

Choreography done to slower, 78 BPM
Start after 16 counts
(Arm movements in brackets below each 4 steps)

S1: SWIVEL HEELS RIGHT, CENTRE, LEFT, CENTRE; REPEAT
1,2,3,4 Swivel heels R, Swivel heels to centre, Swivel heels L, Swivel heels to centre
(1,2,3,4 Hold hands in front of torso palm facing forward: Swing hands R, Drop hands on knees, Swing hands L, Drop hands on knees)
5,6,7,8 Swivel heels R, Swivel heels to centre, Swivel heels L, Swivel heels to centre
(5,6,7,8 Swing hands R, Drop hands on knees, Swing hands L, Drop hands on knees)

S2: DIG RIGHT HEEL FORWARD TWICE, BOUNCE RIGHT HEEL AT CENTRE TWICE; REPEAT TO LEFT
1,2,3,4 Dig R heel fwd & lift foot, Dig R heel fwd & lift foot, Return R foot to centre & bounce R heel, Bounce R heel
(1,2,3,4 Hold R hand palm out pushing heel of R hand fwd & pull back towards torso, Repeat, Slap R thigh with R hand, Repeat)
5,6,7,8 Dig L heel fwd & lift foot, Dig L heel fwd & lift foot, Return L foot to centre & bounce L heel, Bounce L heel
(5,6,7,8 Hold L hand palm out pushing heel of L hand fwd & pull back towards torso, Repeat, Slap L thigh with L hand, Repeat)

S3: TAP R TOE 3 TIMES MOVING ACROSS FRONT OF L FOOT, STEP R BESIDE L; REPEAT WITH LEFT
1,2,3,4 Tap R toe to L fwd diagonal (across front of L at 10:30), Tap R toe forward (at 12:00), Tap R toe to R fwd diagonal (at 1:30), Step R foot beside L
(1,2,3,4 Extending R arm point R index finger following foot with each tap then rest R hand on thigh when R foot steps beside L (count 4))
5,6,7,8 Tap L toe to R fwd diagonal (across front of R at 1:30), Tap L toe forward (at 12:00), Tap L toe to L fwd diagonal (at 10:30), Step L foot beside R
(5,6,7,8 Extending L arm point L index finger following foot with each tap then rest L hand on thigh when L foot steps beside R (count 8))

Choreographer's note:
This and all my seated line dances are designed to allow people with limited mobility – whether temporary or permanent – to dance. They can be done while seated using your legs, arms or your legs & arms. Alternatively, the dances can be done while standing and holding the back of a chair, a walker or a cane. Of course, it's also possible to do these dances as normal line dances without turning – though turning options are easy to create. The objective of my seated line dances is to provide options for everyone, no matter their physical ability, to be able to move to music in a set pattern, exercising both body and brain while doing a fun activity. Feel free to adapt any "steps" to suit you and just keep moving and have fun.
All of my seated line dances can be found on the "Seated Line Dances" playlist on my YouTube Channel here: https://www.youtube.com/playlist?list=PLMKDRX7zYhSXUHfbfOoFo0bX_OnBqD40v and on this Copperknob list: https://www.copperknob.co.uk/lists/23969/lauras-seated-line-dances

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