

Break-Up (Chair Dance)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 1 级数: Beginner Chair Dance
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音乐: Break Up - twocolors & Pascal Letoublon



Intro: 16 counts. Two tags. Just march through them. First one at the end of the first session, March for 4 counts. After this tag, go through 5 more times and March for 8 counts, then continue on to the end. After you go through it a few times it will get easier. (Darn Tags!)

Sit nice and tall in chair, back straight, chest out, tummy in if possible! We're going to be using our arms in this one, so get ready for some heart pumping fun!

March R/L, Pumping arms

1-8 Step on R/L/R/L, R/L/R/L

Lift Knees R/L, Touch opposite Elbow to opposite Knee

1-8 Lift R knee (1-2) L knee (3-4), R (5-6) L (7-8)

Kick R out Fwd. L out Fwd. Point opposite arms out front

1-8 Lift R leg fwd. Step R back (1-2) L leg fwd. step L back (3-4) R (5-6), L leg fwd. (7-8)

Kick R Leg Diagonal, L Leg Diagonal, Point arms out to side R/L

1-8 Kick R diagonal, step R back 2c's, L diagonal, step L back 2c's, R then L

Tags, first one is 4 counts, the second one is 8 counts. You will hear it, as there is no music. Just march and start over!

That's it! I hope you had fun and a good workout with this one. It's one I use for my Sit and Get Fit class. Always remember your posture during the workout, and have fun doing it. Please do not alter routine without my permission. Thank you. mygeo@adamswells.com