

If You Want Me to Stay (Chair Dance)

COPPERKNOB
BY STEPHEN METZ

拍数: 32 墙数: 1 级数: Beginner - Chair dance
编舞者: Laura Rittenhouse (AUS) - July 2022
音乐: If You Want Me to Stay - Sly & The Family Stone



Start after 12 counts, 1 wall before lyrics (or go ahead and wait for the lyrics), 102 BPM
(Arm movements in brackets below each 4 steps)

S1: TOUCH R TOE BESIDE L FOOT, TOUCH R HEEL BESIDE L FOOT, POINT R TOE R, DRAG R TOE TO L FOOT; REPEAT TO L

1,2,3,4 Touch R toe beside instep of L foot, Touch R heel beside instep of L foot, Touch R toe out to R, Drag R toe beside instep of L foot ending with R foot stepping beside L

(1,2,3,4 Leaving L hand on L knee snap R fingers, Snap R fingers, Point R arm w/index finger extended to R, Drag R finger above foot to rest R hand on R thigh)

5,6,7,8 Touch L toe beside instep of R foot, Touch L heel beside instep of R foot, Touch L toe out to L, Drag L toe beside instep of R foot ending with L foot stepping beside R

(5,6,7,8 Leaving R hand on R knee snap L fingers, Snap L fingers, Point L arm w/index finger extended to L, Drag L finger above foot to rest L hand on L thigh)

S2: R HEEL DIG, R TOE BESIDE L, R TOE BACK, STEP R BESIDE L; REPEAT TO L

1,2,3,4 Dig R heel fwd, Touch R toe beside L foot, Touch R toe back, Step R beside L

(1,2,3,4 Snap R fingers at R shoulder, Place R hand on thigh, Snap R fingers fwd, Place R hand on thigh)

5,6,7,8 Dig L heel fwd, Touch L toe beside R foot, Touch L toe back, Step L beside R

(5,6,7,8 Snap L fingers at L shoulder, Place L hand on thigh, Snap L fingers fwd, Place L hand on thigh)

S3: SINGLE SWIVEL R/L; BOTH FEET SWIVEL R/L

1,2,3,4 Swivel R heel R, Swivel R heel to centre, Swivel L heel L Swivel L heel to centre

(1,2,3,4 Start with hands on thighs: Raise R hand & swing R hand R, Drop R hand to R thigh, Rise L hand & swing L hand L, Drop L hand to L thigh)

5,6,7,8 Swivel heels R, Swivel heels to centre, Swivel heels L, Swivel heels to centre

(5,6,7,8 Raise & swing hands R, Drop hands on knees, Raise & swing hands L, Drop hands on knees)

S4: POINT R TO FWD, POINT R TOE R DIAGONAL, SWEEP R FOOT TO CENTRE; REPEAT L

1,2,3,4 Tap R toe fwd (12:00), Tap R toe at R diagonal (1:30), Sweep R foot in R arc to step beside L foot (3,4)

(1,2,3,4 Point R index finger towards R toe, Point R index finger towards R toe, Sweep R arm around to right in a scooping motion to rest R hand on R thigh (3,4))

5,6,7,8 Tap L toe fwd (12:00), Tap L toe at L diagonal (10:30), Sweep L foot in L arc to step beside R foot (7,8)

(5,6,7,8 Point L index finger towards L toe, Point L index finger towards L toe, Sweep L arm around to left in a scooping motion to rest L hand on L thigh (7,8))

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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