

I'm Not Giving Up (Music & Motion) (Chair Dance)

COPPERKNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Phrased Beginner Chair Dance
编舞者: V. Allen L. Isidro (USA) - November 2022
音乐: I'm Not Giving Up - Scooter Lee



Note: Music & Motion by LDVALI is a seated dance exercise program series.

Sequence AA-BB-CC until the end of the song

Part A:

RIGHT HEEL-TOGETHER-LEFT HEEL-TOGETHER-RIGHT HEEL-TOE-RIGHT HEEL-TOE

1-4 R Heel-R Together, L Heel-Together
5-8 R Heel-Toe, R Heel-Toe

LEFT HEEL-TOGETHER-RIGHT HEEL-TOGETHER-LEFT HEEL-TOE-LEFT HEEL-TOE

1-4 L Heel-Together, R Heel-Together
5-8 L Heel-Toe, L Heel-Toe

Repeat

Part B:

TWIST BOTH FEET TO RIGHT AND LEFT WITH HEEL-TOE-HEEL-HOLD

1-4 Twist R & L feet together to right with heel-toe-heel-hold
5-8 Twist L & R feet together to left with heel-toe-heel-hold

Repeat

Part C:

BOTH HANDS PUSH UP & OVER THE HEAD

1-4 Raise both hands up, down, up, down
5-8 Raise both hands up, down, up, down

BOTH HANDS WAVING FRONT TO BACK

1-4 Raise both hands front, back, front, back
5-8 Raise both hands front, back, front, back

Repeat

END the dance with both hands shaking overhead
