

Whatever Lola Wants (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: Whatever Lola Wants - Sarah Vaughan



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

Sequence ABC-ABC-ABC

Part A:

FOOT STOMPING TO SLOW-SLOW-QUICK-QUICK-SLOW RHYTHM

1-4 Stomp L-hold-stomp R-hold

5-8 Stomp L-R-L-hold

FOOT STOMPING TO SLOW-SLOW-QUICK-QUICK-SLOW RHYTHM

1-4 Stomp R-hold-stomp L-hold

5-8 Stomp R-L-R-hold

Repeat

Part B:

STEP LEFT & RIGHT FOOT FRONT TO BACK

1-4 Forward L-together-forward R-together

5-8 Forward L-together-forward R-together

Repeat

STEP LEFT & RIGHT FOOT FRONT TO BACK WITH HANDS ON KNEES

1-4 Forward L foot & hand on knee-together-forward R foot & hand on knee-together

5-8 Forward L foot & hand on knee-together-forward R foot & hand on knee-together

Repeat

Part C: "Corte Segment"

STEP LEFT & RIGHT FOOT FRONT TO BACK WITH HANDS ON KNEES

1-4 Forward L foot & hand on knee + R hand corte up-foot together & hand down Forward R foot & hand on knee + L hand corte up-foot together & hand down

5-8 Forward L foot & hand on knee + R hand corte up-foot together & hand down Forward R foot & hand on knee + L hand corte up-foot together & hand down

Repeat

END the dance striking a frozen "corte" pose