

Let's Chair Jive (Chair Dance)

COPPER KNOB
STEPSHEETS

拍数: 96

墙数: 0

级数: Aerobic Beginners / Advanced
Chair Routine



编舞者: Georgie Mygrant (USA) - May 2023

音乐: Jive Jive Jive - The Davitt Country Band

Intro: 16 counts (March to the intro)

Sit on edge of chair so you can move your legs better.

Heel Taps Fwd.

1-8 Tap R heel fwd. and back 4x's

1-8 Tap L heel fwd. and back 4x's

Heels Fwd. Alternate R/L

1-8 Tap heels fwd. R/L 2x's, 8 counts

1-8 Tap heels fwd. R/L 2x's

Tap Heels to side, R Then L, Alternate R/L (Like Above)

1-8 Tap R heel to side 4x's 8 counts

1-8 Tap L heel to side 4x's

1-8 Alternate heel taps to R/L side 2x's 8 counts

1-8 Alternate heel taps to R/L 2x's

(Chorus) Jumping Jacks (16x's)

1-8 Jump both legs to side and back 4x's (1-8)

1-8 Jump both legs to side and back 4x's (9-16)

Jump Rope (16x's)

1-8 Jump both feet together (8c's)

1-8 Jump both feet together (8c's)

****At the end of second time through, Chorus, Repeat Jumping jacks and jump rope, then march to the end of song, for 8 counts. Whew!**

Make sure you get up and walk around the room after you're finished with this. The aerobics at the end of song will bring up your heart rate big time. Enjoy!

Arm movements are up to you. During the jumping jacks, you can swing arms up, or bend at the elbows and lift. During the jumping rope, swing arms in a circle like holding on to a rope. Remember? At the beginning, you can follow leg movements with opposite arms. You will raise your heartbeat more with arm movements, or just start out hanging on to the chair until you build yourself up.

I hope you enjoy this lower body routine. My class loves the aerobic part.

Please do not alter routine without my permission.

Thank you, Georgie. mygeo@adamswells.com or mygrantg@gmail.com