

C'est La Vie Baby (chair dance)

COPPER **KNOB**
STEP SHEETS

拍数: 32 墙数: 0 级数: Chair Dance
编舞者: Jo Thompson Szymanski (USA), John Robinson (USA) & Jennifer Jones (USA) -
 April 2023
音乐: You Never Can Tell - Scooter Lee



Modified by: Jennifer Jones (for those needing to sit) April 2023

SECTION 1: ALTERNATING HEEL RAISES WITH HOLDS & DOUBLE SHOULDER BUMPS X4

- 1 - 2 Raise L heel dropping R shoulder (1); Hold dropping R should again (2)
- 3 - 4 Raise R heel dropping L shoulder (3); Hold dropping L shoulder again (4)
- 5 - 6 Raise L heel dropping R shoulder (5); Hold dropping R shoulder again (6)
- 7 - 8 Raise R heel dropping L shoulder (7); Hold dropping L shoulder again (8)

SECTION 2: HEEL TOGETHER 4 TIMES REACHING ARMS FWD AND BACK

- 1 - 2 Touch R heel fwd reaching R hand fwd (1); Step R together pulling R hand back (2)
- 3 - 4 Touch L heel fwd reaching L hand fwd (3); Step L together pulling L hand back (4)
- 5 - 6 Touch R heel fwd reaching R hand fwd (5); Step R together pulling R hand back (6)
- 7 - 8 Touch L heel fwd reaching L hand fwd (7); Step L together pulling L hand back (8)

SECTION 3: MARCH/CLAP RIGHT & LEFT, WITH SHOULDERS

- 1 - 4 Step R dropping R shoulder (1); Step L next to R dropping L shoulder (2); Step R dropping R shoulder (3); Touch L next to R/Clap (4)
- 5 - 8 Step L dropping L shoulder (5); Step R next to L dropping R shoulder (6); Step L dropping L shoulder (7); Touch R next to L/Clap (8)

SECTION 4: V-STEP WITH HANDS FWD & TOUCH SHOULDERS, TAP KNEES X2, CLAP HANDS X2

- 1 - 4 Step R fwd reaching R hand fwd (1); Step L fwd reaching L hand fwd (2); Step R back touch R hand to L shoulder (3); Step L back touch L hand to R shoulder (4)
- 5 - 8 Both hands tap knees twice (5-6); Clap twice (7-8)

Begin dance again.

Thank you, Jo Thompson & John Robinson, for blessing this dance. Their dance was modified to a chair dance, so the residents of Keystone Commons, an assisted living community could "dance". It's better to dance in your chair than not at all.

This step sheet cannot be altered without written permission.

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