

Whatever Lola Wants

COPPER **KNOB**
BY STEPHEN

拍数: 56 墙数: 1 级数:
编舞者: V. Allen L. Isidro (USA) - August 2023
音乐: Whatever Lola Wants (Lola Gets) - Sarah Vaughan



M&M II Whatever Lola Wants (Tango Rhythm)

Note: Music & Motion series II are routines for people using canes & walkers.

While holding on to the back of the chair:

Set A Lifting heel to bend knees alternating to SSQQS rhythm

1-2-3-4 Bend L knee & raise L heel, hold, bend R knee & raise R heel, hold

5-6-7-8 Bend L-R knee & heel, bend L knee & raise L heel, hold

1-2-3-4 Bend R knee & raise R heel, hold, bend L knee & raise L heel, hold

5-6-7-8 Bend R-L knee & heel, bend R knee & raise R heel, hold

Repeat

Set B Diagonal forward & back alternating left and right foot

1-2-3-4 Forward L-together, forward R-together

5-6-7-8 Forward L-together, forward R-together

Repeat

Set C Diagonal forward & back alternating left and right foot with opposite hand on waist

1-2-3-4 Forward L & R hand on waist, together, forward R & L hand on waist -together

5-6-7-8 Forward L & R hand on waist, together, forward R & L hand on waist -together

Repeat

Set D Diagonal forward & back alternating left and right foot with "corte" arm-stretch

1-2-3-4 Forward L & R arm back stretch-together, forward R & L arm back stretch-together

5-6-7-8 Forward L & R arm back stretch-together, forward R & L arm back stretch-together

Repeat

START ALL OVER

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