

Trustfall AB (Chair Dance)

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 0 级数: Chair Dance
编舞者: Debbie Marschall (AUS) & Jennifer Jones (USA) - November 2023
音乐: TRUSTFALL - P!nk



Modified in November 2023

Section 1: MARCH IN PLACE, PUSHING HANDS FORWARD, CLAP, PULL HANDS BACK,

1,2,3,4 Feet march in place L,R,L,R, Reach hands out fwd. (1,2,3), Clap (4)
5,6,7,8 Feet march in place L,R,L,R, Pull hands back, (5,6,7,8)

Section 2: 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 3: MARCH/CLAP RIGHT & LEFT, WITH SHOULDERS

1,2,3,4 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)
5,6,7,8 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: STEP TOUCH, STEP TOUCH, RAISE ARMS AND SWAY RIGHT AND LEFT, BRING ARMS DOWN ½ CIRCLE AROUND FRONT, RAISE ARMS UP AND ½ CIRCLE RIGHT TO LEFT

1,2 Step R to right, Touch L next to R, Raise arms, sway arms to right (1,2)
3,4 Step L to left, Touch R next to L, sway arms to left (3,4)
5,6 Bring arms down left reach forward and sweep ½ circle around the front to right side
7,8 Raise arms up and sweep ½ circle over head to left side

Begin again

Thank you, Debbie Marschall, for blessing this modification. This dance was written, so the residents of Keystone Commons, an assisted living community could "dance". It's better to dance in your chair than not at all. Have fun with this, any kind of movement helps keep our seniors moving and smiling. Though the outer body may age, there is still a young person inside.

This step sheet cannot be altered without written permission.

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