

Wave on Wave (Chair Dance)

拍数: 64 墙数: 0 级数: Beginner
编舞者: Jennifer Jones (USA) - January 2024
音乐: Wave On Wave - Pat Green



Section 1: POINT L ARM DOWN AND R ARM UP SIMULTANEOUSLY, BRING HANDS TO CHEST, REPEAT

1,2 At same time, Point L arm down (7:00), Point R arm up (1:00) (1,2)
3,4 Bring hands to chest (3,4)
5,6 At same time, Point L arm down (7:00), Point R arm up (1:00) (5,6)
7,8 Bring hands to chest (7,8)

Section 2: POINT R ARM DOWN AND L ARM UP SIMULTANEOUSLY, BRING HANDS TO CHEST

1,2 At same time, Point R arm up (1:00), Point L arm down (7:00) (1,2)
3,4 Bring hands to chest (3,4)
5,6 At same time, Point R arm up (1:00), Point L arm down (7:00) (5,6)
7,8 Bring hands to chest (7,8)

Section 3: REPEAT SECTION 1 ADDING LEFT FOOT POINTING FWD AND BACK

1,2 At same time, Point L arm down (7:00), Point R arm up (1:00) and point L foot fwd. (1,2)
3,4 Bring hands to chest and bring L foot next to R foot (3,4)
5,6 At same time, Point L arm down (7:00), Point R arm up (1:00) and point L foot fwd. (5,6)
7,8 Bring hands to chest and bring L foot next to R foot (7,8)

Section 4: REPEAT SECTION 2 ADDING RIGHT FOOT POINTING FWD. AND BACK

1,2 At same time, Point R arm up (1:00), Point L arm down (7:00) and point R foot fwd. (1,2)
3,4 Bring hands to chest and bring R foot next to L foot (3,4)
5,6 At same time, Point R arm up (1:00), Point L arm down (7:00) and point R foot fwd. (5,6)
7,8 Bring hands to chest and bring R foot next to L foot (7,8)

Section 5: SLOWLY PUSH HANDS FWD, AND SLOWLY PULL HANDS BACK

1,2,3,4 Push hands fwd. (1,2), Pull hands back (3,4)
5,6,7,8 Push hands fwd. (5,6), Pull hands back (7,8)

Section 6: SLOWLY PUSH HANDS TO THE SIDE, SLOWLY BRING THE HANDS BACK

1,2,3,4 At the same time, Push L hand Left and R hand Right, (1,2), Pull hands back (3,4)
5,6,7,8 At the same time, Push L hand Left and R hand Right, (5,6), Pull hands back (7,8)

Section 7: V STEP, V STEP, HANDS TOUCH RIGHT KNEE, LEFT KNEE, RIGHT HIP, LEFT HIP,

1,2 Step R heel fwd., R hand touch right knee(1), Step L heel fwd., L hand touch Left knee(2)
3,4 Step R heel back, R hand touch right hip(3), Step L heel back, L hand touch left hip(4)
5,6 Step R heel fwd., R hand touch right knee(5), Step L heel fwd., L hand touch Left knee(6)
7,8 Step R heel back, R hand touch right hip(7), Step L heel back, L hand touch left hip(8)

Section 8: MARCH/CLAP, RAISE ARMS UP & DOWN

1, 2 Step R, Raise L arm up & drop R arm (1), Step L, Raise R arm up & drop L arm (2)
3, 4 Step L, Raise R arm up & drop L arm (3), Clap (4)
5, 6 Step L, Raise R arm up & drop L arm (5), Step R, Raise L arm up & drop R arm (6)
7, 8 Step R, Raise L arm up & drop R arm (7), Clap (8)

This chair dance was created so those that are unable to stand can still dance. We must always remember, Though our bodies are ageing and not always in working condition, our minds are still young and yearning for more. Love, be patient, kindness goes a long way. Happy dancing however it looks. :) always blessed

This step sheet cannot be altered without written permission. Contact: jenjones2018@gmail.com

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