

Carolina Mountain Home (Chair Dance)

拍数: 32 墙数: 0 级数: Beginner - Chair Dance for Seniors
编舞者: Georgie Mygrant (USA) - January 2024
音乐: Carolina Mountain Home - Kentucky Thunder & Ricky Skaggs



Intro: 16 counts

**Make sure you sit towards the end of the chair, so you can move your legs better.
Sit nice and tall, back straight. Never slouch!**

Heel Taps, R/L

1-4 Tap R heel fwd. Step R back, Tap L heel fwd. Step back on L
5-8 Repeat

Box Step R, Then L

1-4 Touch R toe fwd. Touch R to side, Touch R back, Step R to Center
5-8 Touch L toe fwd. Touch L to side, Touch L back, Step L to Center

Alternate R Knee ups, R/L/R/L

1-4 Lift R knee up, R ft. down, L knee up L ft. down
5-8 Lift R knee up, R ft. down, L knee up, L ft. down

Step Out, Out, In, In, Repeat

1-4 Step R to side, Step L to side, Step R in, Step L in.
5-8 Step R to side, Step L to side, Step R in, Step L in

That's it! A fun Chair dance for all seniors. It makes them think their Line dancing when you put on the right song for them.

I hope you like it. My goal is to let them have as much fun as we do when we're standing up and dancing.

All I ask is that you do not alter my routine without my permission.

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