

Chair Boogie (Chair Dance)

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Beginner - Soul Chair dance
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音乐: Boogie Oogie Oogie - Taste of Honey



#32 count intro. Start dance at :16 in music.

DISCO HITCH HIKE

- 1-2 Move your right fist with your thumb up from your right shoulder down to your stomach as you move your left fist with your thumb from your stomach to your left shoulder, move your right fist up to your right shoulder as you move your left fist down to your stomach
- 3&4 Bounce your left fist past your left shoulder twice as you bounce your right fist up & down in front of your stomach
- 5-6 Move your right fist with your thumb up from your stomach up to your right shoulder as you move your left fist with your thumb from left shoulder down to your stomach, move your right fist down to your stomach as you move your left fist up to your left shoulder
- 7&8 Bounce your left fist down in front of your stomach as you bounce your right fist past your right shoulder twice

SOUL LASSO

- 1-4 Raise your left arm up and circle your fist above your head twice as you roll your upper body with the motion
- 5-8 As you lower your left arm raise your right arm up and circle your fist above your head twice as you roll your upper body with the motion, lower your right arm

SHOULDER ROLL

- 1-2 Roll your left shoulder in a circle backwards, roll your right shoulder in a circle backwards
- 3-4 Roll your left shoulder backwards in a circle for 2 counts
- 5-6 Roll your right shoulder in a circle backwards, roll your left shoulder in a circle backwards
- 7&8 Roll your right shoulder backwards in a circle for 2 counts

FUNKY WINNER

- 1-2 Making fists with both hands raise your left arm across your face as you raise your right fist up towards your left with your right arm bent at the elbow, hold
- 3-4 As you move your left arm back down to your left side bent at the elbow with fist facing up raise your right arm across your face with your right fist facing the left, hold
- 5&6& As you bounce your fists repeat counts 1-4 without the hold right, left
- 7&8& Repeat counts 5&6&

HEAD BOP, STOMP & CLAP

- 1&2& Bop your head forward and back as you stomp, clap, clap
- 3&4& Bop your head forward and back as you stomp, clap, clap
- 5&6& Bop your head forward and back as you stomp, clap, clap
- 7&8& Bop your head forward and back as you stomp, clap, clap

BOP & FAN POINT

- 1&-4& Bop your head forward and back as you point your left arm straight in front of you and fan your left arm $\frac{1}{4}$ turn left
- 5&-8& As you lower your left arm bop your head forward and back as you point your right arm straight in front of you and fan your right arm $\frac{1}{4}$ turn right

SPEED BAG FIST ROLLS, DOUBLE POINT UP

- 1-2 With your arms bent horizontally at the elbow twirl your fists outward in a circle around each other towards the left

- 3-4 With your arms bent horizontally at the elbow twirl your fists outward in a circle around each other towards the right
- 5&6 With arms bent at the elbow point both hands upward to the left bouncing arms up and down twice
- 7&8 With arms bent at the elbow point both hands upward to the right bouncing arms up and down twice

FISTS OUT, UP, FUNKY INFINITY

- 1-2 With fist facing palm up stretch your left arm straight out in front of you, bend your elbow as you bring your left fist in front of your face
- 3-4 With fist facing palm up stretch your right arm straight out in front of you, bend your elbow as you bring your right arm touching your left arm elbow to elbow and fist to fist
- 5&6& As you make an infinity sign (sideways number 8) with your fists starting to the right in front of your face bounce your arms up and down right, left
- 7&8& Repeat 5&6&.

Modify as needed for your comfort level. See demo video at <https://youtu.be/HVjh9cTs1lw>

Add your own style and have fun!!

Gregory F. Huff © 2/2024

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