

Car Wash (Chair Dance)

COPPER KNOB
STEPPERS

拍数: 124 墙数: 0
编舞者: Helen Woods (USA) - March 2024
音乐: Car Wash - Rose Royce

级数: Phrased Beginner - Chair Dance



Sequence: INTRO AB AB CAB

INTRO: Slap Thighs in rhythm to the beat for 11 sets of 8
Then start with right leg

1-4 March right, left, right, then kick left
5-8 March left, right, left, then kick right
9-32 Repeat counts 1-8 three more times

SECTION A: March 3, Kick

1-4 March right, left, right, then kick left
5-8 March left, right, left, then kick right
9-32 Repeat counts 1-8 three more times

SECTION B: Wax On, Wax Off

1-8 Right Arm moves in a counter clockwise circle
9-16 Left Arm moves in clockwise circle
17-24 Circle both arms
25-32 Circle both arms in other direction

SECTION C: Arm Reaches and Shimmy

1-2 Reach right arm up and across body, return
3-4 Reach left arm up and across body, return
5-8 Shimmy
9-56 Repeat counts 1-8 six more times
57-58 Reach right arm up and across body, return,
59-60 Reach left arm up and across, return,
