

Snow Day (Chair Dance)

COPPER **KNOB**
BY STEPHEN

拍数: 32 墙数: 1 级数: Absolute Beginner - Chair Dance
编舞者: Krista Davis (USA) - December 2024
音乐: Let It Snow! Let It Snow! Let It Snow! - Dean Martin



Introduction: 16 counts (begin at approximately :09)
Entire dance is performed in a seated position.

Section 1. Rt Heel, L Heel, Rt Heel, L Heel. {Hands on hips}

1-2 Step Rt heel out diagonally, then back.
3-4 Step L heel out diagonally, then back.
5-6 Step Rt heel out diagonally, then back.
7-8 Step L heel out diagonally, then back.

Section 2. Raise arms. Lower Arms.

1-4 With arms extended outwards from your sides at waist height, palms facing forward, slowly raise them up above your head.
5-8 Slowly lower arms back down from above your head to waist height.

Section 3. Clap Hands(x2). Heel raises & lap taps (x2).

1-2 Pause, clap.
3-4 Pause, clap.
5-6 Raise heels up quickly & tap lap with both hands while heels are raised (5), lower heels (6).
7-8 Raise heels up quickly & tap lap with both hands while heels are raised (7), lower heels (8).

Section 4. "SNOW" hands while swaying back & forth.

1-8 Starting at shoulder height, move hands, palms facing out, back & forth & down slowly to resemble snow falling.

REPEAT
