

Nutcracker March (Chair dance)

COPPER **KNOB**
BY STEPHEN HETS

拍数: 72 墙数: 1 级数: Improver - chair dance
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音乐: The Nutcracker, Op. 71, Act I: No. 2, March - Berlin Symphony Orchestra



Dance starts immediately when music starts

Pattern: AA BB BB AA BB BB CC A CC

Start dance seated with arms at your sides horizontally bent at the elbows above your lap and both hands making a fist

PART A:

SOLDIER MARCH

- 1-2 March right foot next to left as you slightly raise your left fist while lowering your right fist, march left foot next to right as you slightly raise your right fist while lowering your left fist
- 3-8 Repeat counts 1-2 three times.

SOLDIER MARCH, ARM FORMATIONS

- 1-2 March right foot next to left as you slightly raise your left fist while lowering your right fist, march left foot next to right as you slightly raise your right fist while lowering your left fist
- 3-4 March right foot next to left as you raise both arms horizontally straight in front of you at shoulder height, march left foot next to right as you bend both arms at the elbow and cross right wrist behind left (forming an x)
- 5-6 March right foot next to left as you thump your crossed wrists on your chest, march left foot next to right as you lift your crossed wrists in front of you with your arms bent horizontally at the elbows
- 7-8 March right foot next to left as you uncross and lower your fists horizontally straight in front of you, march left foot next to right as you pull your fists in towards your chest

MODIFIED PORT DE BRAS POSITIONS (BALLET ARM MOVEMENTS): 2, 5, 4R, 5, 4L, 5, 1, 5

- 1-2 Stretch arms out horizontally at your sides, touch the tips of your fingers above your head as you make a circle with your arms
- 3-4 As you keep your arm in a half circle lower your right arm down forward horizontally in front of you, raise your right arm back up so your fingertips of both hands are touching over your head
- 5-6 As you keep your arm in a half circle lower your left arm down forward horizontally in front of you, raise your left arm back up so your fingertips of both hands are touching over your head
- 7-8 As you keep your fingertips touching lower both arms together horizontally in a circle in front of you, raise both arms back up over your head in a circle with fingertips touching over your head

MODIFIED PORT DE BRAS POSITIONS 1, 5, LEAN R, 5, LEAN L, 5, TOUCH SHOULDERS, RAISE ARMS

- 1-2 As you keep your fingertips touching lower both arms together horizontally in a circle in front of you, raise both arms back up over your head in a circle with fingertips touching over your head
- 3-4 Lean touching fingertips to the right, move touching fingertips back to center
- 5-6 Lean touching fingertips to the left, move touching fingertips back to center
- 7-8 Touch your shoulders, raise your arms high with hands palms up.

PART B:

CLAP THIGHS (2X), CLAP HANDS (2X), MISS HANDS, BUMP FISTS (DAP)

- 1-2 Clap thighs with hands twice
- 3-4 Clap hands together at chest level twice

- 5-6 Touch side of left thumb to side of right pinky, touch side of left pinky to side of right thumb
7-8 Make a fist with both hands and bump fists together in front of you at chest level twice.

PART C:

SPEED BAG ROLL PUNCH UP, ARMS SPREAD OUT

Bend your elbows and rotate your fists in a circle around each other in front of you as you move your arms:

- 1-2 From your lap to your chest
3-4 From your shoulder height to the height of the top of your head
5-6 Continue to roll punch but open your hands letting them hang loose as you circle hands above your head
7-8 Spread arms out diagonally straight upward, hold

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DAB L, R, DISCO POINTS

- 1-2 Turn your head to the left as you hold your left arm bent at the elbow hand palm down diagonally upward right across your face while you point your right arm diagonally straight hand palm down upward to the right, hold
3-4 Turn your head to the right as you hold your right arm bent at the elbow hand palm down diagonally upward left across your face while you point your left arm diagonally straight hand palm down upward to the left, hold
5-6 Place your right fist on your right hip as you point your left index finger diagonally down next to your right fist, point your left index finger diagonally upward left
7-8 Point your left index finger diagonally down next to your right fist, point your left index finger diagonally upward left

JAZZ HANDS R, L, POUND THIGH R, L, MILITARY SALUTE UP, DOWN

- 1-2 With arms bent at the elbow hold up each hand next to each other in front of you diagonally right with fingers spread out and palm facing out, make fists as your bring both hands down diagonally left to chest level
3-4 With arms bent at the elbow hold up each hand next to each other in front of you diagonally left with fingers spread out and palm facing out, make fists as your bring both hands down diagonally right to chest level
5-6 Pound right fist on right thigh, pound left fist on left thigh
7-8 Raise right hand to right side of head in a military salute, lower right hand to right thigh.

Happy Holidays!

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