

# Oh Wheeley?

拍数: 60      墙数: 2      级数: wheelchair dance  
编舞者: Roy East (UK)  
音乐: Any music of your own choice around 144 bpm



## SLAPS TWICE, HANDS ON, SWIVELS, CLAPS

- 1-2      Slap hands on armrests, slap hands on armrests
- 3-4      Place right hand on right wheel, place left hand on left wheel
- 5-6      Swivel 45 degrees to right, hold
- 7-8      Swivel back to center, hold
- 9-10     Swivel to left, hold
- 11-12    Swivel back to center, hold
- 13-14    Clap hands, clap hands
  
- 15-28    Repeat 1 through 14

## SLAPS TWICE, HANDS ON, ROLL FORWARD/BACK TURN

- 29-30    Slap right hand on armrests, slap left hand on armrests
- 31-32    Place right hand on right wheel, place left hand on left wheel
- 33-36    Roll forward (4)
- 37-40    Roll back making  $\frac{1}{4}$  turn (4)
  
- 41-44    Repeat 33 through 40 (now facing opposite start)
- 45-48    Roll forward (4)

## HAND TUMBLE FORWARD/BACK

- 49-52    Roll hands forward around each other in a circle
- 53-56    Roll hands reverse turn around each other in a circle

## PIGEON HANDS, KNEE REST

- 57      Extend left arm to left right arm to right palm face down
- 58      Place hands on chest fingertips touching
- 59      Place right hand on right knee
- 60      Place left hand on left knees

## REPEAT

Notes for non wheeley's: For slaps, slap thighs. For swivels, swivel on heels/toes. For rolls, just walk. For knees, use thighs

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