

Sit In Line

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 0 级数:
编舞者: Pam Pike (UK)
音乐: I Feel Lucky - Mary Chapin Carpenter



This dance is done sitting. It works best if you can get everyone to bring their chairs onto the dance floor.

1-2 Clap hands once, cross hands and clap with your neighbour once
3-4 Clap hands once, cross hands and clap with your neighbour once
5-6 Dig right heel in front, replace
7-8 Dig left heel in front, replace

9-10 Twist heels out and in
11-12 Twist heels out and in
13-14 Snap fingers once, clap hands once
15-16 Snap fingers once, clap hands once

17-18 Hitch right foot up and slap with left hand, replace
19-20 Hitch left foot up and slap with right hand, replace
21-22 Hitch right foot up and slap with left hand, replace
23-24 Hitch left foot up and slap with right hand, replace

If people are unable to raise their feet then they can just slap their knee

25-26 Stand up
27-28 Step left to left side, touch right next to left and clap
29-30 Step right to right side, touch left next to right and clap
31-32 Sit down

If people are unable to stand up then they can do this instead:

25-26 Raise both hands in the air
27-28 Wave both hands to the left
29-30 Wave both hands to the right
31-32 Bring hands down

REPEAT
