

Wheeling Boogie Bop

COPPERKNOB
STEPPERS

拍数: 24 墙数: 4 级数: Beginner
编舞者: Brenda Jeffery (UK)
音乐: Line Dancin' Days - Capricorn



This dance is based on Boogie Bop (choreographer unknown) and was adapted for wheelchairs by Brenda Jeffery

WITH FOREARMS RESTING ON ARMS OF CHAIR

- 1 Lift left arm straight out to left side, palm down
- 2 Return arm to armrest
- 3 Lift right arms straight out to right side, palm down
- 4 Return arm to armrest

KEEPING ELBOWS ON ARMREST

- 5 Extend left forearm to left, right forearm to right, palms down
- 6 Return arms to armrests
- 7 Bend both forearms inwards on chest, palms down, fingertips touching
- 8 Place both hands on knees

RIGHT DIGS AND HOOKS

- 9 Touch heel of right hand on right knee
- 10 Touch left shoulder with right hand, fingers extended
- 11 Touch heel of right hand on right knee
- 12 Lay right hand flat on right knee

LEFT DIGS AND HOOKS

- 13 Touch heel of left hand on left knee
- 14-15-16 Touch right shoulder with left hand, fingers extended, 3 times

ROLL FORWARD

- 17-20 Roll forward over 4 counts

ROLL BACK, ¼ TURN LEFT

- 21-24 Roll back making ¼ turn to left over 4 counts

REPEAT
