

Just For Grins (Wheelchair)

COPPER **KNOB**
BY STEPHEN METZ

拍数: 48 墙数: 4 级数: Improver wheelchair dance
编舞者: Charlie Bowring (UK)
音乐: Billy B. Bad - George Jones



The dance "Just For Grins" was written by Jo Thompson. It was converted for wheelchairs by Charles R. S Bowring & Colin Whitfield

RIGHT KICK-BALL-CHANGE, SLAP RIGHT, CLAP

1&2 Tap right thigh with heel right hand, slap right thigh, slap left thigh
3-4 Thump thighs with closed fists, clap

LEFT KICK-BALL-CHANGE, SLAP LEFT, CLAP

1&2 Tap left thigh with heel left hand, slap left thigh, slap right thigh
3-4 Thump thighs with closed fists, clap

POINT FORWARD, SIDE, TOGETHER, SIDE (TWICE)

9-12 Point right hand forward, side, together, side
13-16 Point right hand forward, side, together, side

ARM PUSHES TO RIGHT, SHOULDER TWISTS

17-20 Push arms to right side, together, side, together
21-24 Twist shoulders right, left, right, left

ARM PUSHES TO LEFT, SHOULDER TWISTS

25-28 Push arms to left side, together, side, together
29-32 Twist shoulders left, right, left, right

¼ TURN RIGHT, ½ TURN RIGHT

33-36 Turn ¼ right (over 4 counts)
37-40 Turn ½ right (over 4 counts)

ROLL FORWARD, ROLL BACKWARDS

41-44 Roll forward (over 4 counts)
45-48 Roll backwards (over 4 counts)

REPEAT

For easier ending try

¼ TURN RIGHT, ½ TURN RIGHT

33-36 Turn ¼ left (over 4 counts)
37-40 Roll forward (over 4 counts)

ROLL FORWARD, ROLL BACKWARDS

41-44 Roll forward (over 4 counts)
45-48 Roll backwards (over 4 counts)
