

Home / Chair Dance

COPPER **KNOB**
STEPSHEETS

拍数: 104 墙数: 0 级数: CHAIR DANCE
编舞者: Pat Margarita (USA) - June 2014
音乐: Home - KIDZ BOP Kids



Intro; Count 16 Beats - Instructor Faces Group

HEEL SPLITS

1-8 SPREAD HEELS APART THEN TOGETHER, APART TOGETHER, REPEAT FOR 8

CABARET KICKS

1-8 STEP LEFT TO LEFT, KICK RIGHT ACROSS LEFT, STEP RIGHT TO RIGHT, KICK LEFT
ACROSS RIGHT, REPEAT FOR 8 COUNTS
(GROUP STARTS ON RIGHT, MIRRORS THE INSTRUCTORS MOVES)

1-8 REPEAT HEEL SPLITS

1-8 REPEAT CABARET KICKS

TOE TOUCH IN PLACE, STEP IN PLACE 2X'S

1-2 TOUCH LEFT TOE IN PLACE, STEP LEFT FOOT DOWN

3-4 TOUCH RIGHT TOE IN PLACE, STEP RIGHT FOOT DOWN

5-6 REPEAT 1-2

7-8 REPEAT 3-4

1-8 REPEAT TOE TOUCHES AND STEP IN PLACE

HEEL TAPS

1-8 LEFT HEEL FORWARD TAPPING IT 7X'S RETURN TO CENTER ON 8

1-8 RIGHT HEEL FORWARD TAPPING IT 7X'S RETURN TO CENTER ON 8

SIDE TOGETHER TRIPPLE IN PLACE 4X'S

1,2 3&4 STEP LEFT TO SIDE, RIGHT BESIDE LEFT, LEFT, RIGHT, LEFT

5,6 7&8 STEP RIGHT TO RIGHT, LEFT BESIDE RIGHT, RIGHT, LEFT, RIGHT

REPEAT THESE 2 PATTERNS 4X'S (TOTAL 32 COUNTS)

HOPS;

1-2 HOP FORWARD, BACK

3-4 HOP FORWARD, BACK

5-6 HOP TO LEFT, THEN RIGHT,

7-8 HOP TO LEFT THEN RIGHT

Contact: instructor5678@gmail.com

Last Update - 17th June 2014