

Pick A Bale - Chair Dance

COPPER KNOB
STYLEDANCE

拍数: 48 墙数: 0 级数: Chair Dance
编舞者: Pat Margarita (USA) - June 2014
音乐: Pick a Bale of Cotton - Lonnie Donegan



Instructor Faces Group, Sitting

Sitting On Chair With Heels Flat On The Floor, Mirror Instructor Moves

SIDE TOUCHES, HITCH, STOMP, STOMP, CLAP, CLAP

- 1-4 TOUCH LEFT FOOT TO LEFT SIDE, RAISE LEFT KNEE AND SLAP WITH RIGHT HAND
 2X'S
- 5-8 STOMP LEFT FOOT, STOMP RIGHT FOOT, CLAP 2X'S
- 1-8 REPEAT PATTERNS, 1-8 ON RIGHT SIDE
- 1-16 REPEAT BOTH PATTERNS.

FORWARD HEEL TOUCHES

- 1-4 TOUCH LEFT HEEL FORWARD, RETURN TO CENTER, TOUCH RIGHT HEEL
 FORWARD, RETURN TO CENTER
- 5-8 TOUCH LEFT FORWARD, RETURN TO CENTER, TOUCH RIGHT HEEL FORWARD,
 RETURN TO CENTER.
- 1-8 REPEAT PATTERNS 1-8

BEGIN AGAIN

Contact: instructor5678@gmail.com
