

Stomp & Spin

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Beginner
編舞者: Wendy Haggerty (USA) - December 2017
音樂: Dance Above the Rainbow - Ronan Hardiman : (St. Patrick's Day)



Alt. music: The Dreidel Song, Jeff Wolpert (Hanukkah)

STOMP, KICK, WIGGLE, STOMP KICK WIGGLE

1-2 Stomp right foot, kick right foot
3&4 Wiggle body
5-6 Stomp left foot, kick left foot
7&8 Wiggle body

(for balance concerns substitute a second stomp for the kicks)

OUT, OUT, KNEE DIPS, IN, IN, KNEE DIPS

1 Step right foot out to right side
2 Step left foot out to left side
3-4 Dip knees down and come back up
5 Step right foot in
6 Step left foot in next to right
7-8 Dip knees down and come back up

EGGBEATERS, FLASH

1&2 Lean right and roll forearms over one another in front of chest
3-4 Lean back toward left and open arms
5&6 Lean left and roll forearms over one another in front of chest
7-8 Lean back toward right and open arms

EGGBEATERS, FLASH

1&2 Lean right and roll forearms over one another in front of chest
3-4 Lean back toward left and open arms
5&6 Lean left and roll forearms over one another in front of chest
7-8 Lean back toward right and open arms

NOTE: this dance was choreographed in support of people with Parkinson's Disease. It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.
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Enjoy and spice it up!

Contact choreographer: Whaggerty2016@gmail.com/www.ZestYogaAndFitness.com