

CYA (Chair Dance)

COPPER **KNOB**
BY SHEETS

拍數: 24 牆數: 0 級數: Beginner / Chair Dance - waltz
編舞者: Rita Ensminger (USA) - May 2019
音樂: Someone Must Feel Like a Fool Tonight - Kenny Rogers



Alt. music: Edelweiss by Ray Conniff

TOUCH TOES, KNEES, HIPS, SHOULDERS, CROSS

1-3 Touch with both hands toes, knees, hips
4-6 Touch shoulders, cross left shoulder w/right hand, cross right shoulder with left hand

ARMS OUT AND SKYWARD, DOWN

1-3 R-L arms out and skyward hands touching
4-6 Bring touching hands down in front of face

ARM RUBS

1-3 R hand give left arm complete arm rub shoulder to hand
4-6 L hand give right arm complete arm rub shoulder to hand

HAND ROLLS

1-3 R over L hand rolls forward and down toward knees
4-6 R over L hand roll down toward toes.

REPEAT
