

Fired Up (Chair dance)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 0 級數: Advanced Chair dance
編舞者: Rita Ensminger (USA) - June 2019
音樂: Alberta - Eric Clapton



Alt.: Green Door by Shakin' Stevens

TOUCH FWD, BCK, FWD, BCK, OUT, IN, OUT, STEP TOGETHER

1-4 R touch fwd, touch back, touch fwd, touch back
5-8 R touch side, touch together, touch side, step together

TOUCH FWD, BCK, FWD, BCK, OUT, IN, OUT, STEP TOGETHER

1-4 L touch fwd, touch back, touch fwd, touch back
5-8 L touch side, touch together, touch side, step together

PALMS DOWN, PALMS UP, CROSS, CROSS, THIGH, THIGH

1-4 R palm down, L palm down, R palm up, L palm up
5-8 Cross with R, cross with L, R hand on thigh, L hand on thigh

TOE, HEELS, TOUCH SIDE-TOGETHER-SIDE, STEP TOGETHER

1-4 R toe, heel, L toe, heel
5-8 R touch side, touch together, touch side, step together

TOE, HEELS, TOUCH SIDE-TOGETHER-SIDE, STEP TOGETHER

1-4 L toe, heel, R toe, heel
5-8 L touch side, touch together, touch side, step together

HEEL, HITCH, STOMP, STOMP

1-4 R heel forward, knee up, stomp, stomp
5-8 L heel forward, knee up, stomp, stomp

REPEAT
