Just a Lil Bit (Chair Dance)

級數: Chair Dance

編舞者: Gail A. Dawson (USA) - August 2021

音樂: Lil Bit - Nelly & Florida Georgia Line

Intro: 16 counts - No tags or restarts

拍數: 32

TWIST, RECOVER, TWIST, RECOVER, TWIST, RECOVER, TWIST, RECOVER

- R arm reaches across body to L, recover to starting position 1.2
- 3,4 L arm reaches across body to R, recover to starting position
- 5,6 R arm reaches across body to L, recover to starting position
- 7.8 L arm reaches across body to R, recover to starting position

PUNCH FORWARD, PUNCH UP, PUNCH FORWARD, PUNCH UP

- 1,2 Punch both hands forward, pull both hands back
- 3.4 Punch both hands up, pull both hands down
- 5.6 Punch both hands forward, pull both hands back
- 7,8 Punch both hands up, pull both hands down

HEEL, STEP, STEP, CLAP, HEEL, STEP. STEP. CLAP

- R heel forward, L step in place 1,2
- 3&4 Step R. L. R
- 5,6 L heel forward, R step in place
- 7,8 Step L, R, L

POINT FRONT, SIDE, STEP, CLAP, POINT FRONT, SIDE, STEP, CLAP, CLAP

- 1,2 R foot point forward, R foot point R
- 3,4 R step beside L, clap
- 5,6 L foot point forward, L foot point L
- L step beside R, clap (&), clap (8) 7&8

Based on Just a Lil Bit Choreographed by Step5678





牆數: 0