

Imagine Me and You (Chair Dance)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 1 級數: Beginner (Chair dance)
編舞者: Georgie Mygrant (USA) - April 2022
音樂: Happy Together - The Turtles



Intro: 16 Counts One Tag At the end of 7th time through for 4 counts. Just March R/L/R/L then start over

Sitting Tall in Chair Close to Edge of Chair, Fan Toes R/L

1-8 Fan R Toe R & L 4 counts, Repeat on L (4 counts)

Heel taps, Touch back and Stomp, R Then L

1-8 Tap R heel 2x fwd. Tap R Toe back 1X, Then stomp Rf to Center, (4 counts) Repeat on L (4 counts)

March Fwd. R/L/R, Kick L, March Back, Touch L to R

1-8 Step fwd. R/L/R, Kick L fwd. Step back R/L/R Touch L to R

V Steps R, Then L

1-8 Step R fwd. diagonally, Step L fwd. diagonally, Step R back diagonally, Touch L to R, Step L fwd. diagonally, Step R to R side, Step L back diagonally, Touch R to L

***Note: I taught Sit & Get Fit classes for over 20 years and never thought of doing a line dance from the chair until now. So here is my first attempt at doing it. Arms are optional. If you want to move them, you can do bicep curls on the walk fwd. or just clap on the 4th count fwd. and back, and during the V step you can put the R arm out to the side with the Rf, L with Lf, bend at the elbow and touch towards center of chest R/L when feet are at the center. Then the opposite when you go L. BUT if you like, you can just hold on to the chair since you will be sitting towards the front of the chair. It's your choice. As long as you're moving the legs and feet you are doing well. Make sure you sit nice and tall in your chair. This way, if you go to a dance and can't get up to dance, you can dance from your chair! Happy Dancing!**
