

Rhythm of the Rain (Chair Dance)

COPPERKNOB
BY STEPHENETS

拍數: 32 牆數: 1 級數: Absolute Beginner Chair Dance
編舞者: Laura Rittenhouse (AUS) - May 2022
音樂: Rhythm of the Rain - The Cascades



Start after 16 counts with lyrics
(Arm movements in brackets below each 4 steps)

S1: RAMBLE R FOOT R

1,2,3,4 Swivel R heel to R, Swivel R toe to R, Swivel R heel to R, Swivel R toe to R
(1,2,3,4 Leave L hand on L thigh while holding R elbow bent, R hand with palm facing floor above thigh. While rotating palm, keep moving palm above foot: Rotate palm to R (thumb down), Rotate palm to L (thumb up), Rotate palm to R, Rotate palm to L)
5,6,7,8 Drag R foot to rest beside L (5,6,7,8)
(5,6,7,8 Swipe R hand to L over foot finishing with palm resting on R thigh (5,6,7,8))

S2: RAMBLE L FOOT L

1,2,3,4 Swivel L heel to L, Swivel L toe to L, Swivel L heel to L, Swivel L toe to L
(1,2,3,4 Leave R hand on R thigh while holding L elbow bent, R hand with palm facing floor above thigh. While rotating palm, keep moving palm above foot: Rotate palm to L (thumb down), Rotate palm to R (thumb up), Rotate palm to L, Rotate palm to R)
5,6,7,8 Drag L foot to rest beside R (5,6,7,8)
(5,6,7,8 Swipe L hand to R over foot finishing with palm resting on L thigh (5,6,7,8))

S3: TOE STRUTS IN PLACE R/L, TOE POINT R & L

1,2,3,4 Touch R toe beside L (with R heel raised), Drop R heel, Touch L toe beside R, Drop L heel
(1,2,3,4 Leave L hand on thigh and snap R fingers, Slap R hand to thigh, Snap L fingers, Slap L hand on thigh)
5,6,7,8 Point R toe to R, Step R foot beside L, Point L toe to L, Step L foot beside R
(5,6,7,8 Leave L hand on thigh and snap R fingers to R side, Slap R hand to thigh, Snap L fingers to L, Slap L hand on thigh)

S4: SLIDE R FOOT IN CIRCLE, SLIDE L FOOT IN CIRCLE

1,2,3,4 Slide R foot sweeping fwd & around to the L finishing beside L foot (1,2,3,4)
(1,2,3,4 Slide R hand fwd with palm facing down following foot to finish on thigh (1,2,3,4))
5,6,7,8 Slide L foot sweeping fwd & around to the R finishing beside R foot (5,6,7,8)
(5,6,7,8 Slide L hand fwd with palm facing down following foot to finish on thigh (5,6,7,8))

Choreographer's note:

This and all my seated line dances are designed to allow people with limited mobility – whether temporary or permanent – to dance. They can be done while seated using your legs, arms or your legs & arms.

Alternatively, the dances can be done while standing and holding the back of a chair, a walker or a cane. Of course, it's also possible to do these dances as normal line dances without turning – though turning options are easy to create. The objective of my seated line dances is to provide options for everyone, no matter their physical ability, to be able to move to music in a set pattern, exercising both body and brain while doing a fun activity. Feel free to adapt any "steps" to suit you and just keep moving and have fun.

All of my seated line dances can be found on the "Seated Line Dances" playlist on my YouTube Channel here: https://www.youtube.com/playlist?list=PLMKDRX7zYhSXUHfbfOoFo0bX_OnBqD40v and on this Copperknob list: <https://www.copperknob.co.uk/lists/23969/lauras-seated-line-dances>

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