Dancin' (Chair Dance)

級數: Beginner Chair Dance

編舞者: Georgie Mygrant (USA) - June 2022

音樂: Dancin' Across the USA - Lindsey Buckingham

Intro: 32 counts (wait 32 c's because it starts right away)

Arm movement is up to you.

拍數: 32

Remember to sit nice and tall on the edge of your chair. No slumping! Keep your back straight!

Step Box Pattern 2x

1-4	Step R fwd. Step L fwd. Step R to R side, Step L to L side,
5-8	Step R side, Step L side, Step R to center, L to center.
1-8	Repeat pattern once more

Out, Out, In, In, R Then L

- 1-4 Step R to R side, Step L to L side, Step R in, Touch L in,
- Step L to L side, Step R to R side, Step L in, Touch R in 5-8

Step Kick R Then L

- Step R fwd. Kick L fwd. Step back on L, Step on R 1-4
- 5-8 Step L fwd. Kick R fwd. Step back on R, Step on L

That's it! Remember if you want, move your arms with the beat of the music to make it harder. Please do not alter routine without my permission. Thank you, mygeo@adamswells.com





牆數:1