

Long Time Ago (Chair Dance)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Any Level - Chair Dance
編舞者: Georgie Mygrant (USA) - July 2022
音樂: You Left Me a Long, Long Time Ago - Willie Nelson



Intro 16 counts (remember to sit tall on the edge of your chair and no slumping!)
Tag at the end of wall 4 for 16 counts

Swivel Feet R 4 C's, then L

1-8 Turn R toe out to R, and back 2x's, Repeat on L

Tap R Heel Fwd. and back, L Heel Fwd. and Back, Side to Side

1-8 Step R heel fwd. Step back, Step L heel fwd. Step L back, Step R to R side, and back, Step L to L side, and back

K Step R

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

V Step R, Then L

1-4 Step R fwd. diagonally, Step L across diagonally, Step R back, Touch L back

5-8 Step L fwd. diagonally, Step R across diagonally, Step L back, Step R back.

Tag at end of wall 4 (Kick R Leg, then L leg for 8 counts, then Lift R leg, then L for 8 counts! Easy Peazy! Enjoy!

That's it! A nice way to sit and dance to the music you've always loved. There's no reason you can't have fun with all of those out there on the dance floor. Just make sure you have a good chair, sit close to the edge, hold on if you like, or move your arms with the music and feet. It's your choice. Just move! Let me know if you like it. Please do not alter routine without my permission. Thank You. Georgie mygeo@adamswells.com