

Follow Me (Chair Dance)

拍數: 32 牆數: 1 級數: Beginner - Chair Dance
編舞者: Laura Rittenhouse (AUS) - August 2022
音樂: Follow Me - Uncle Kracker



Start after 16 counts

(Arm movements in brackets below each 4 steps – the arm movements in this dance are done to complement the lyrics of the chorus)

S1: SIDE TOUCH R, SIDE TOUCH L; SWIVEL R HEEL, SWIVEL L HEEL

1,2,3,4 Touch R toe to R, Step R foot beside L, Touch L toe to L, Step L foot beside R

(1,2,3,4 Leaving L hand on L hold R hand to R side and 'beckon' with fingers of R hand, Place hands on thighs, Hold L hand to L side and 'beckon' with fingers of L hand, Place hands on thighs)

5,6,7,8 Swivel R heel R, Swivel R heel to centre, Swivel L heel L, Swivel L heel to centre

(5,6,7,8 Swing R hand to R, Return R hand to above thigh & snap R fingers, Swing L hand to L, Return L hand to above thigh & snap L fingers)

S2: POINT R TO FWD, POINT R TOE R DIAGONAL, SWEEP R FOOT TO CENTRE; REPEAT L

1,2,3,4 Tap R toe fwd (12:00), Tap R toe at R diagonal (1:30), Sweep R foot in R arc to step beside L foot (3,4)

(1,2,3,4 Point R index finger towards R toe, Point R index finger towards R toe, Sweep R arm around to right in a tucking (or scooping) motion to rest R hand on R thigh (3,4))

5,6,7,8 Tap L toe fwd (12:00), Tap L toe at L diagonal (10:30), Sweep L foot in L arc to step beside R foot (7,8)

(5,6,7,8 Point L index finger towards L toe, Point L index finger towards L toe, Sweep L arm around to left in a tucking (or scooping) motion to rest L hand on L thigh (7,8))

S2: DIAGONAL KICKS FWD R&L; REPEAT

1,2,3,4 Kick R fwd on R diagonal, Step R beside L, Kick L fwd on diagonal, Step L beside R

(1,2,3,4 Flick R hand out with palm down, Rest R palm on thigh, Flick L hand out with palm down, Rest L palm on thigh)

5,6,7,8 Kick R fwd on R diagonal, Step R beside L, Kick L fwd on diagonal, Step L beside R

(5,6,7,8 Flick R hand out with palm down, Rest R palm on thigh, Flick L hand out with palm down, Rest L palm on thigh)

S4: 2 HEEL SPLITS; 4 HEEL BOUNCES

1,2,3,4 Swivel both heels out, Return heels to centre, Swivel both heels out, Return heels to centre

(1,2,3,4 Raise hands from shoulder with forearms crossed and palms facing out, Uncross arms, Cross arms, Uncross arms with backs of hands moving in front of face)

5,6,7,8 Raise and bounce heels 4 times (5,6,7,8)

(5,6,7,8 Cross forearms with fists closed and hit fists onto chest/shoulders 4 times)

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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