

# Band On The Run (Music & Motion)

## (Chair Dance)

**COPPER**KNOB  
STEPSHEETS

拍數: 32                      牆數: 1                      級數: Beginner Chair Dance  
編舞者: V. Allen L. Isidro (USA) - October 2022  
音樂: Band On The Run - Paul McCartney & Wings



**Note:** Music & Motion by LDVALI is a seated dance exercise program series.

**Sequence:** AA AA AA AA AAA – BB BB BB BBB CCC Tag  
**Main Song Phrase –** CC CC DD DD CC CC DD DD until the end

**Intro (16-count lead into the music)**

**Part A (all hand motions)**

**SWAY BOTH HANDS RIGHT TO LEFT & FLICKERING FINGERS TO LEFT**

1-2-3-4              Sway both hands left-right-left-right  
5-6-7-8              Move both hands to left up in the air with flickering fingers

**SWAY BOTH HANDS LEFT TO RIGHT & FLICKERING FINGERS TO RIGHT**

1-2-3-4              Sway both hands right-left-right-left  
5-6-7-8              Move both hands to right up in the air with flickering fingers

**Repeat Set A five and a half (5 ½) times**

**Part B (all footwork)**

**RIGHT HEEL-HEEL-STOMP-HOLD, LEFT HEEL-HEEL-STOMP-HOLD**

1-2-3-4              Right heel-heel-stomp-hold  
5-6-7-8              Left heel-heel-stomp-hold

**Repeat Set B nine times (9x)**

**Part C (all hand motions)**

**BOTH HAND FISTS PUSHING FROM CHEST OUT TO RIGHT & LEFT**

1-2-3-4              Push double fists right-right-left-left  
5-6-7-8              Push double fists right-right-left-left

**Repeat Set C two time (3x)**

**TAG Air Lead Guitar with right hand strumming on about 16 count**  
**Air Rhythm Guitar with left hand strumming on about 16 count**  
**(based on the guitar music interlude)**

**Repeat Set C but alternating with Part D every 32-ct**

**Part D (hands & feet slow motion run)**

**ALTERNATING RIGHT & LEFT HANDS MOVING SIMULTANEOUSLY WITH RIGHT & LEFT FEET**

1-2                      Step right with right hand moving forward, step left with left hand moving forward  
**like in an upright half-circular motion**  
3-4                      Step right with right hand moving forward, step left with left hand moving forward  
**like in an upright half-circular motion**  
5-6                      Step right with right hand moving forward, step left with left hand moving forward  
**like in an upright half-circular motion**  
7-8                      Step right with right hand moving forward, step left with left hand moving forward

like in an upright half-circular motion

Repeat Set D but alternating with Part C every 32-ct

P.O. Box 566, San Bruno, CA 94066 (650) 515-2320 [ldvali1955@gmail.com](mailto:ldvali1955@gmail.com)

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