

# Whatever Lola Wants (Music & Motion) (Chair Dance)

**COPPER**KNOB  
STEPSHEETS

拍數: 0                      牆數: 1                      級數: Phrased Beginner Chair Dance  
編舞者: V. Allen L. Isidro (USA) - November 2022  
音樂: Whatever Lola Wants - Sarah Vaughan



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

## Sequence ABC-ABC-ABC

### Part A:

#### FOOT STOMPING TO SLOW-SLOW-QUICK-QUICK-SLOW RHYTHM

1-4                      Stomp L-hold-stomp R-hold

5-8                      Stomp L-R-L-hold

#### FOOT STOMPING TO SLOW-SLOW-QUICK-QUICK-SLOW RHYTHM

1-4                      Stomp R-hold-stomp L-hold

5-8                      Stomp R-L-R-hold

### Repeat

### Part B:

#### STEP LEFT & RIGHT FOOT FRONT TO BACK

1-4                      Forward L-together-forward R-together

5-8                      Forward L-together-forward R-together

### Repeat

#### STEP LEFT & RIGHT FOOT FRONT TO BACK WITH HANDS ON KNEES

1-4                      Forward L foot & hand on knee-together-forward R foot & hand on knee-together

5-8                      Forward L foot & hand on knee-together-forward R foot & hand on knee-together

### Repeat

### Part C: "Corte Segment"

#### STEP LEFT & RIGHT FOOT FRONT TO BACK WITH HANDS ON KNEES

1-4                      Forward L foot & hand on knee + R hand corte up-foot together & hand down Forward R foot & hand on knee + L hand corte up-foot together & hand down

5-8                      Forward L foot & hand on knee + R hand corte up-foot together & hand down Forward R foot & hand on knee + L hand corte up-foot together & hand down

### Repeat

END the dance striking a frozen "corte" pose

---