

Something Good's Gonna Happen (Chair Dance)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Absolute Beginner
編舞者: Laura Rittenhouse (AUS) - March 2023
音樂: Something Good's Gonna Happen (feat. Amy Sheppard) - The Wolfe Brothers



Start after 32 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 POINTS R & L; POINT R FWD, POINT L FWD

1,2,3,4 Touch R toe to R, Step R beside L, Touch L toe to L, Step L beside R
(1,2,3,4 Punch R hand to R, Return fist to centre, Punch L hand to L, Return fist to centre)
5,6,7,8 Touch R toe fwd, Step R beside R, Touch L toe fwd, Step L beside R
(5,6,7,8 Punch R hand fwd, Return fist to centre, Punch L hand fwd, L Return fist to centre)

S3: 2 HEEL SPLITS; 4 HEEL BOUNCES

(Note: music pauses through the first 4 counts of this section on final wall - Wall 8; just keep going with elbow raises until music kicks back in)

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 both elbows, Drop both elbows to side, Raise both elbows, Drop both elbows to side – this sequence is done as if miming a chicken flapping its wings)
5,6,7,8 Raise and bounce heels 4 times (5,6,7,8)
(5,6,7,8 Slap both palms to thighs 4 times with heel bounces)

S3: 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: SLIDE R FOOT FWD WHILE TAPPING HEEL X 3, STEP R BESIDE L; REPEAT WITH L

1,2,3,4 Raise heel & slide R foot fwd slightly tapping heel with the count, Continue sliding R foot with a heel tap, Continue sliding R foot with a heel tap, Step R foot beside L
(1,2,3,4 Slowly raise R palm with palm facing ceiling (1,2,3), Place palm on R thigh)
5,6,7,8 Raise heel & slide L foot fwd slightly tapping heel with the count, Continue sliding L foot with a heel tap, Continue sliding L foot with a heel tap, Step L foot beside R
(5,6,7,8 Slowly raise L palm with palm facing ceiling (5,6,7), Place palm on L thigh)

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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