

Never Comin Down (Chair Dance)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 1 級數: Beginner
編舞者: Laura Rittenhouse (AUS) - March 2023
音樂: Never Comin Down - Keith Urban



Start after 16 count

(Arm movements in brackets below each 4 steps)

S1: DIAGONAL TOUCHES BACK R, BACK L, FWD R, FWD L (FORMING A STAR)

1,2,3,4 Touch R toe back at R diagonal, Step R beside L, Touch L toe back to L diagonal, Step L beside R

(1,2,3,4 Punch R fist down and back to R diagonal, Return fist to centre, Punch L fist down and back to L diagonal, Return fist to centre)

*Restart here on wall 4

5,6,7,8 Touch R toe fwd at R diagonal, Step R beside L, Touch L toe fwd to L diagonal, Step L beside R

(5,6,7,8 Punch R fist up and fwd to R diagonal, Return fist to centre, Punch L fist down and back to L diagonal, Return fist to centre)

S2: RAMBLE RIGHT AND BACK; RAMBLE LEFT AND BACK

1&2,3&4 Swivel R heel R, Swivel R toe R, Swivel R heel R; Swivel R heel L, Swivel R toe L, Swivel R heel parallel to L

(1&2,3&4 Leave L hand on L thigh while holding R palm facing floor above thigh. Moving R hand R rotate thumb down, Rotate thumb up, Rotate thumb down; Moving R hand L rotate thumb up, Rotate thumb down, Place R palm on R thigh)

5&6,7&8 Swivel L heel L, Swivel L toe L, Swivel L heel L, Swivel L heel R, Swivel L toe R, Swivel L heel R

(5&6,7&8 Leave R hand on R thigh while holding L palm facing floor above thigh. Moving L hand L rotate thumb down, Rotate thumb up, Rotate thumb down; Moving L hand R rotate thumb up, Rotate thumb down, Place L palm on L thigh)

S3: 4 HEEL RAISES

1,2,3,4 Rise onto both toes, Drop both heels, Rise onto both toes, Drop both heels

(1,2,3,4 Curl both fists up and down with heels – as if curling weights)

5,6,7,8 Rise onto both toes, Drop both heels, Rise onto both toes, Drop both heels

(5,6,7,8 Curl both fists up and down with heels – as if curling weights)

S4: SWEEP R FOOT IN CIRCLE, SWEEP L FOOT IN CIRCLE; 3 FAST HEEL BOUNCES R & L

1,2,3,4 Slide R foot sweeping fwd & around to the L finishing beside L foot (1,2) Slide L foot sweeping fwd & around to the R finishing beside R foot (3,4)

(1,2,3,4 Scoop R hand fwd with palm facing right following foot to finish on thigh (1,2), Scoop L hand fwd with palm facing left following foot to finish on thigh (3,4))

5&6,7&8 Bounce R heel, Bounce R heel, Bounce R heel; Bounce L heel, Bounce L heel, Bounce L heel

(5&6,7&8 Slap R hand on R thigh in time with heel bounces; Slap L hand on L thigh in time with heel bounces)

* Restart: After 4 counts (middle of S1) restart on Wall 4 (after first chorus)

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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