

Simply the Best (Chair Dance)

COPPERKNOB
BY STEPHEN HETS

拍數: 32 牆數: 1 級數: Beginner
編舞者: Laura Rittenhouse (AUS) - June 2023
音樂: (Simply) The Best (feat. Tina Turner) - Jimmy Barnes



Start after 16 count

(Arm movements in brackets below each 4 steps)

S1: 2 HEEL BOUNCES, DIAGONAL TOUCH R BACK; 2 HEEL BOUNCES, DIAGONAL TOUCH L BACK
1,2,3,4 Lift and drop both heels, Lift and drop both heels, Point R toe to back R diag, Step R beside L
(1,2,3,4 Roll fists around each other (1,2) Punch R fist down & back to R diagonal, Return R fist back to centre)
5,6,7,8 Lift and drop both heels, Lift and drop both heels, Point L toe L to back L diag, Step L beside R
(5,6,7,8 Roll fists around each other (5,6) Punch L fist down & back to L diagonal, Return L hand back to centre)

S2: DIAGONAL STEPS FWD RIGHT AND LEFT (V-CLAP)
1,2,3,4 Step R fwd on R diagonal, Touch L beside R, Step L back on L diagonal, Step R beside L
(1,2,3,4 Raise hands up and to R, Clap, Lower hands to centre of torso, Clap)
5,6,7,8 Step L fwd on L diagonal, Touch R beside L, Step R back on R diagonal, Step L beside R
(5,6,7,8 Raise hands up and to L, Clap, Lower hands to centre of torso, Clap)

S3: SLIDE R FOOT IN CIRCLE, SLIDE L FOOT IN CIRCLE; REPEAT 2 CIRCLES
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 Slide R foot sweeping fwd & around to the L finishing beside L foot (5,6) Slide L foot sweeping fwd & around to the R finishing beside R foot (7,8)
(5,6,7,8 Scoop R hand fwd with palm facing right following foot to finish on thigh (5,6), Scoop L hand fwd with palm facing left following foot to finish on thigh (7,8))

S4: DIG RIGHT HEEL FWD TWICE, BOUNCE RIGHT HEEL AT CENTRE; REPEAT TO LEFT
1,2,3,4 Dig R heel fwd & lift foot, Dig R heel fwd & lift foot, Return R foot to centre & bounce R heel, Bounce R heel
(1,2,3,4 Place L hand on thigh and hold R hand palm out pushing heel of R hand fwd & pull back towards torso, Repeat, Slap R thigh with R hand, Slap R thigh with R hand)
5,6,7,8 Dig L heel fwd & lift foot, Dig L heel fwd & lift foot, Return L foot to centre & bounce L heel, Bounce L heel
(5,6,7,8 Hold L hand palm out pushing heel of L hand fwd & pull back towards torso, Repeat, Slap L thigh with L hand, Slap L thigh with L hand)

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>

