

Jingle Bell Rock (Chair Dance)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Beginner - Chair Dance
編舞者: Kim Eun Jung Cona (KOR) - December 2023
音樂: Jingle Bell Rock (Glee Cast Version) - Glee Cast



S1. POINT HEEL, HOLD, BACK, HOLD (R-L)

1, 2 Point RF heel diagonal R fwd, Hold
(Raise Right Hand to right shoulder level and make a twinkle star shape (1-2))
3,4 Bring RF back to original place (to center)
(Bring Right Hand to waist, Hold)
5-8 LF heel & Left Hand do the same thing

S2. Draw Circle (R-L)

1-4 Draw circle with RF from center outward (1-3), Bring RF to original place (4)
(Draw a circle Right Hand from center outward to the level of right shoulder (1-3), Bring Right Hand to waist (4))
5-8 LF & Left Hand do the same thing

S3. STOMP, KICK (Repeat 4 Times)

1,2 Stomp RF, Kick LF fwd
(Fold both elbows and bring both hands to the shoulders, Snap fingers while stretching both arms)
3,4 Stomp LF, Kick RF fwd
(Both arms & hands do the same thing (1,2))
5-8 Repeat 1 - 4

S4. STEP 4 Times, HEEL BOUNCE 4 Times

1-4 Step in place RF(1), LF(2), RF(3), LF(4)
(Starting with both arms at the waist, draw a large circle from the inside out (1-4))
5-8 Both heels bounce 4 times
(Make a sled pulling motion with both hands 4 times)

Thank you very much~!!
Merry Christmas ~!!

Kim Eun Jung Cona : d1208ljh@gmail.com

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