

# Carolina Mountain Home (Chair Dance)

拍數: 32      牆數: 0      級數: Beginner - Chair Dance for Seniors  
編舞者: Georgie Mygrant (USA) - January 2024  
音樂: Carolina Mountain Home - Kentucky Thunder & Ricky Skaggs



**Intro: 16 counts**

**Make sure you sit towards the end of the chair, so you can move your legs better.  
Sit nice and tall, back straight. Never slouch!**

## **Heel Taps, R/L**

1-4            Tap R heel fwd. Step R back, Tap L heel fwd. Step back on L  
5-8            Repeat

## **Box Step R, Then L**

1-4            Touch R toe fwd. Touch R to side, Touch R back, Step R to Center  
5-8            Touch L toe fwd. Touch L to side, Touch L back, Step L to Center

## **Alternate R Knee ups, R/L/R/L**

1-4            Lift R knee up, R ft. down, L knee up L ft. down  
5-8            Lift R knee up, R ft. down, L knee up, L ft. down

## **Step Out, Out, In, In, Repeat**

1-4            Step R to side, Step L to side, Step R in, Step L in.  
5-8            Step R to side, Step L to side, Step R in, Step L in

**That's it! A fun Chair dance for all seniors. It makes them think their Line dancing when you put on the right song for them.**

**I hope you like it. My goal is to let them have as much fun as we do when we're standing up and dancing.**

**All I ask is that you do not alter my routine without my permission.**

**Thank You, Georgie. [mygeo@adamswells.com](mailto:mygeo@adamswells.com), or [mygrantg@gmail.com](mailto:mygrantg@gmail.com)**

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