

Greased Lightning (Chair Dance)

拍數: 0 牆數: 0 級數: Phrased Beginner - Chair Dance
編舞者: Helen Woods (USA) - March 2024
音樂: Greased Lightnin' (Clean version) - John Travolta



Sequence: INTRO A B A B A+ C A+ C B- Ending

INTRO

Arm movements based on lyrics as written in Michele's step sheet

"It's automatic" pose: right arm straight up in air, point finger to sky, left hand on hip, fingers pointing to floor

"It's systematic" pose: pull arms in toward waist, elbows bent, forearms facing upward

"It's hydromatic" pose: roll hips during "hy...dromatic", place arms in 'T' on last beat

"Why, it's greased lightning" circular arm motion: On the word "greased", left arm comes to thigh, right arm still in 'T'. On the word "light", left arm even with right arm. On the word "ning", left arm continues to do full circle around and back to right arm, left elbow nudge, nudge, nudge to left

SECTION A

Double Heels, Jumping Jacks

- 1-2 Place right heel forward, touch right toe beside left
- 3-4 Place right heel forward, step right foot beside left
- 5-8 Repeat sequence with left foot
- 9-32 Repeat counts 1-8 three more times
- 33-34 Jump both feet apart, jump both feet together (jumping jack)
- 36-56 Repeat jumping jacks

SECTION A+

Same as SECTION A plus the next eight counts

- 57-64 Four jumping jacks

SECTION B

Go Greased Lightning Arms

- 1 Place right arm to side, Looking and pointing index finger to 3:00
- 2-8 Move right arm to straight in front of the body, parallel to the ground
- 9-12 Bring right hand in, elbow pointing at floor, hand fisted, shoot it straight up in air, bring it back in to body, shoot it out straight to right
- 13-16 Repeat 9-12
- 17-32 Repeat 1-16 on left arm
- 33-36 Both arms move up, in, out, in
- 37-48 Repeat 33-36 three more times

SECTION C

Hand Jive

- 1-2 Slap hands on thighs 2 times
- 3-4 Clap hands together 2 times
- 5 Cross right hand over left hand
- 6 Cross left hand over right hand
- 7-8 Raise both arms overhead (say WOO)
- 9-32 Repeat 1-8 three more times

ENDING:

- 1-16 Sway and end with pose/jazz hands

