M&M Return To Sender (Chair Dance)

級數: Beginner - Chair Dance

編舞者: V. Allen L. Isidro (USA) - June 2024 音樂: Return to Sender - Elvis Presley

for the BHNC-Excelsior Seniors PHRASING: AB-AB-AB-AB

拍數: 64

Start on vocals

Set A Knee rolls with matching circular hand motions to right & left

1-2-3-4Roll R knee from in – out with both hands moving up-down/in-out circular motion 2x5-6-7-8Roll L knee from in – out with both hands moving up-down/in-out circular motion 2x

Repeat 4x

Set B Point right & left fingers swaying front to right on 4 counts, to left on 4 counts

(with optional knee & heel bouncing while pointing the right & left fingers)

- 1-2-3-4 Point right finger front to right (4ct)
- 5-6-7-8 Point left finger front to left (4ct)

Repeat 4x

START ALL OVER until music ends

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牆數:1