

That Rocking Chair Dance AB

COPPERKNOB
BY SHEETS

拍數: 32 牆數: 1 級數: Absolute Beginner
編舞者: Annemaree Sleeth (AUS) - January 2025
音樂: Only Human - The Madden Brothers
或: Want to Want Me - Jason Derulo



Faster Music - Want To Want Me By Jason Derulo 114 BPM.
Faster Music Am I Wrong 120 Faster BPM.

For Brand New Dancers In Sherbrooke U3a Dance Number 3
I have written this for my dancers to learn Rocking Chairs and Sway Touches
Note In my class is start with slower songs, then get faster as they improve

Start On Lyrics

SEC 1 [1 – 8] SWAY TOUCH, SWAY TOUCH, ROCKING CHAIR

1 – 2 Sway Right Side, Touch Left Toe Diagonally Left
3 – 4 Sway Left Side, Touch Right Beside Left
5 – 6 Rock Right Forward, Recover Left
7 – 8 Rock Right Back Recover Left

SEC 2 [9 - 16] TOE STRUTS,(Hips)ROCKING CHAIR

1 – 2 Touch Right Toe Forward, Drop Right Heel
3 – 4 Touch Left Toe Forward, Drop Left Heel Bumping Hips As You Go
5 – 6 Rock Right Forward, Recover Left
7 – 8 Rock Right Back, Recover Left

SEC 3 [17 – 24] VINE RIGHT 1/4/ VINE LEFT

1 – 2 Step Right Side, Cross Left Behind Right
3 – 4 Step Right Side, Touch Left Beside Right
5 – 6 Step Left Side, Cross Right Beside Left
7 – 8 Turn ¼ Left Forward, Touch Right Beside Left

SEC 4 [25 – 32] ROCKING CHAIR , ROCKING CHAIR

1 – 2 Rock Right Forward, Recover Left
3 – 4 Rock Right Back, Recover Left
5 – 6 Rock Right Forward, Recover Left
7 – 8 Rock Right Back, Recover Left

Count 8 Can be changed Cross Left Over Right The Cross Will Make It
Easier To Get Into Count 1 Sway

No Tags

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