

A Bar Song (Chair Dance)

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 1 級數: Beginner - Chair Dance
編舞者: Eileen Bamford (UK) - February 2025
音樂: A Bar Song (Topsy) - Shaboozey



Intro: 32 counts - Start with palms face down in your lap

Section 1: Rumba box

- 1 Raise right hand, palm forward to touch your right shoulder
- 2 Raise left hand, palm forward next to your right hand
- 3 Extend the right arm straight forward at shoulder height
- 4 Extend the left arm forward from the right shoulder
- 5 Move the left arm to be in front of the left shoulder (arm still straight)
- 6 Move the right arm to meet the left in front of left shoulder
- 7 Bring left hand back to touch the left shoulder
- 8 Bring right hand back next to left hand

Section 2: Step touch, step touch, grapevine to the right

- 1&2 Move both hands together in an arc up and over in front of your face to land in front of your right shoulder
- 3&4 Move both hands together in an arc up and over in front of your face to land in front of your left shoulder
- 5 Move right hand to right side at shoulder height to land between collar bone and shoulder
- 6 Cross left hand behind right to land at the right shoulder
- 7 Move right hand to right side to land just beyond the right shoulder
- 8 Move left hand to meet right

Section 3: Step touch, step touch, grapevine to the left with a qtr turn

- 1&2 Move both hands together in an arc up and over in front of your face to land in front of your left shoulder
- 3&4 Move both hands together in an arc up and over in front of your face to land in front of your right shoulder
- 5 Move left hand to left side at shoulder height to land between collar bone and shoulder
- 6 Cross right hand behind left to land at the left shoulder
- 7 Move left hand to left side to land just beyond the left shoulder
- 8 Swirl right hand in the air in a lasso motion

Section 4: 2 x Heel touch, jump, hips

- 1 Make a fist with your right hand and lower the forearm to your lap, elbow at your waist
- 2 Raise your right fist back to shoulder level, elbow still at waist height
- 3 Make a fist with your left hand and lower the forearm to your lap, elbow at your waist
- 4 Raise your left fist back to shoulder level, elbow still at waist height
- 5 Extend both arms forward, palms to the front
- 6 Hold one beat
- 7 Tilt both hands to the right
- 8 Tilt both hands to the left

Tag after wall 10: Step touch x 2

- 1&2 Both hands together, move in an arc up and over in front of your face to land in front of your right shoulder
- 3&4 Both hands together, move in an arc up and over in front of your face to land in front of your left shoulder

Thank you for checking out my dance – Eileen at www.bamfordbellesandbeaus.co.uk
