

# Oh Wheeley?

拍數: 60      牆數: 2      級數: wheelchair dance  
編舞者: Roy East (UK)  
音樂: Any music of your own choice around 144 bpm



## SLAPS TWICE, HANDS ON, SWIVELS, CLAPS

- 1-2            Slap hands on armrests, slap hands on armrests
- 3-4            Place right hand on right wheel, place left hand on left wheel
- 5-6            Swivel 45 degrees to right, hold
- 7-8            Swivel back to center, hold
- 9-10          Swivel to left, hold
- 11-12        Swivel back to center, hold
- 13-14        Clap hands, clap hands
  
- 15-28        Repeat 1 through 14

## SLAPS TWICE, HANDS ON, ROLL FORWARD/BACK TURN

- 29-30        Slap right hand on armrests, slap left hand on armrests
- 31-32        Place right hand on right wheel, place left hand on left wheel
- 33-36        Roll forward (4)
- 37-40        Roll back making  $\frac{1}{4}$  turn (4)
  
- 41-44        Repeat 33 through 40 (now facing opposite start)
- 45-48        Roll forward (4)

## HAND TUMBLE FORWARD/BACK

- 49-52        Roll hands forward around each other in a circle
- 53-56        Roll hands reverse turn around each other in a circle

## PIGEON HANDS, KNEE REST

- 57            Extend left arm to left right arm to right palm face down
- 58            Place hands on chest fingertips touching
- 59            Place right hand on right knee
- 60            Place left hand on left knees

## REPEAT

Notes for non wheeley's: For slaps, slap thighs. For swivels, swivel on heels/toes. For rolls, just walk. For knees, use thighs

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