

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
