

# Sit In Line

COPPER KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 0      級數:  
編舞者: Pam Pike (UK)  
音樂: I Feel Lucky - Mary Chapin Carpenter



**This dance is done sitting. It works best if you can get everyone to bring their chairs onto the dance floor.**

1-2            Clap hands once, cross hands and clap with your neighbour once  
3-4            Clap hands once, cross hands and clap with your neighbour once  
5-6            Dig right heel in front, replace  
7-8            Dig left heel in front, replace

9-10           Twist heels out and in  
11-12          Twist heels out and in  
13-14          Snap fingers once, clap hands once  
15-16          Snap fingers once, clap hands once

17-18          Hitch right foot up and slap with left hand, replace  
19-20          Hitch left foot up and slap with right hand, replace  
21-22          Hitch right foot up and slap with left hand, replace  
23-24          Hitch left foot up and slap with right hand, replace

**If people are unable to raise their feet then they can just slap their knee**

25-26          Stand up  
27-28          Step left to left side, touch right next to left and clap  
29-30          Step right to right side, touch left next to right and clap  
31-32          Sit down

**If people are unable to stand up then they can do this instead:**

25-26          Raise both hands in the air  
27-28          Wave both hands to the left  
29-30          Wave both hands to the right  
31-32          Bring hands down

**REPEAT**

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