

Heel & Toe Polka (Sitting Version)

COPPERKNOB
BY STEPHENETS

拍數: 20 牆數: 0 級數:
編舞者: Unknown
音樂: Let's Break Up Tomorrow - Scooter Lee



Position: Put the chairs or wheelchairs in a circle
Adapted for sitting dancers by Suzanne Hoffmann

HEEL AND TOE TAPS

1-2 Touch right heel forward, step right foot in place
3-4 Touch left heel forward, step left foot in place
5-8 Repeat steps 1-4

2 STATIONARY SHUFFLES

9&10 Cha-cha on the spot (right, left, right)
11&12 Cha-cha on the spot (left, right, left)

GRAPEVINE TO THE RIGHT

13-14 Step right slightly to right, close left to right
15-16 Step right slightly to right, touch left toes to right toe

GRAPEVINE TO THE LEFT

17-18 Step right slightly to right, close left to right
19-20 Step right slightly to right, touch left toes to right toe

REPEAT
