

# Blurred Lines / Chair Dance

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 0      級數: CHAIR DANCE  
編舞者: Pat Margarita (USA) - June 2014  
音樂: Blurred Lines, by Robin Thicke



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**SITTING ON CHAIR MOVE FORWARD UNTIL HEEL ARE FLAT ON THE FLOOR;  
INSTRUCTOR BEGINS WITH LEFT FOOT, CLASS MIRRORS INSTRUCTOR;**

## **OUT, OUT, IN, IN, TWO TIMES**

1-4            PLACE LEFT FOOT OUT TO SIDE, PLACE RIGHT FOOT OUT TO SIDE, BRING LEFT FOOT TO CENTER, BRING RIGHT FOOT TO CENTER.

5-8            REPEAT PATTERNS, 1-4

1-8            BEGIN AGAIN FROM 1-8.

## **FORWARD, FORWARD, BACK, BACK, TWO TIMES**

1-4            PALCE FOOT LEFT FOOT FORWARD, PLACE RIGHT FOOT FORWARD, RETURN LEFT FOOT TO CENTER, RETURN RIGHT FOOT TO CENTER.

5-8            REPEAT PATTERNS 1-4

1-8            REPEAT AGAIN FROM 1-8

## **MACARAINA HAND PATTERNS**

1-4            STRETCH LEFT HAND OUT IN FRONT, PALM DOWN, STRETCH RIGHT HAND OUT IN FRONT, PALM DOWN, TURN LEFT HAND PALM UP, TURM RIGHT HAND PALM UP.

5-8            PLACE LEFT HAND ON RIGHT SHPULDER, PLACE RIGHT HAND ON LEFT SHOULDER, PLACE LEFT HAND ON LEFT THEIGH, PLACE RIGHT HAND ON RIGHT THEIGH.

1-8            REPEAT PATTERNS 1-8

## **HIP BOUNCES 2X'S**

1-4            BOUNCE 2X'S ON RIGHT HIP, BOUNCE 2X'S ON LEFT HIP

5-8            REPEAT HIP BOUNCES 1-4,

**THEN REPEAT AGAIN, 1-8**

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