Go With Me / Chair Dance



拍數: 32 編數: 0 級數: CHAIR DANCE

編舞者: Pat Maragrita - June 2014

音樂: Come Go With Me - The Del-Vikings



INSTRUCTOR FACES GROUP SITTING, BEGINS WITH LEFT FOOT.

SITTING WITH FEET FLAT ON THE FLOOR, STEPS ARE MIRRORED WITH THE INSTRUCTORS' MOVES.

TOUCH, STEP, TOUCH, STEP, WITH CLAPS

1-2	TOUCH LEFT FOOT OUT ON DIAGONAL TO LEFT, RETURN TO CENTER WITH A CLAP
3-4	TOUCH RIGHT FOOT OUT ON DIAGONAL TO RIGHT, RETURN TO CENTER WITH A
	CLAP
5-6	TOUCH LEFT FOOT OUT ON DIAGONAL TO LEFT, RETURN TO CENTER WITH A CLAP
7-8	TOUCH RIGHT FOOT OUT ON DIAGONAL TO RIGHT, RETURN HOME WITH A CLAP
1 0	DEDEAT THESE STEDS ACAIN

1-8 REPEAT THESE STEPS AGAIN

SIDE TOGETHER LEFT AND SIDE TOGETHER RIGHT WITH CLAPS

1-4	TOUCH LEFT OUT TO LEFT SIDE; TOUCH LEFT TO CENTER WITH CLAP, TOUCH LEFT
	TO LEFT, STEP LEFT IN CENTER WITH CLAP.

5-8 TOUCH RIGHT TO RIGHT SIDE, TOUCH RIGHT IN CENTER WITH CLAP, TOUCH RIGHT TO RIGHT, STEP RIGHT IN CENTER WITH CLAP.

KICK, KICK, STOMP, STOMP LEFT SIDE RIGHT SIDE

1-4 KICK LEFT FOOT FORWARD 2X'S, STOMP LEFT IN CENTER 2X'S
5-8 KICK RIGHT FOOT FORWARD 2X'S, STOMP RIGHT IN CENTER 2X'S

BEGIN AGAIN

Contact: instructor5678@gmail.com