

Joops Jump - Chair Dance

COPPER KNOB
BY STEPHEN T. C.

拍數: 48 牆數: 0 級數: Chair Dance
編舞者: Pat Margarita (USA) - June 2014
音樂: Joop's Jump - Rockin' Louie



Instructor Faces Group, Sitting

SITTING IN CHAIR, FEET FLAT ON THE FLOOR, MIRROR INSTRUCTORS MOVES.

FORWARD, BACK, SIDE TOGETHER TOUCHES, LEFT SIDE, RIGHT SIDE 32 COUNTS

1-4 TOUCH LEFT TOE FORWARD, BACK, FORWARD BACK

5-8 TOUCH LEFT TOE OUT TO LEFT, IN, OUT, IN

1-4 TOUCH RIGHT TOE FORWARD, BACK, FORWARD, BACK

5-8 TOUCH RIGHT TOE OUT TO RIGHT, IN, OUT, IN

1-16 REPEAT BOTH PATTERNS LEFT AND RIGHT.

FORWARD KICKS FOR 32 COUNTS

1-4 KICK LEFT FOOT FORWARD, RETURN, KICK RIGHT FOOT FORWARD, RETURN

5-8 KICK LEFT FOOT FORWARD, RETURN, KICK RIGHT FOOT FORWARD, RETURN

1-8 REPEAT KICK PATTERN

BEGIN AGAIN FROM TOP.

Contact: instructor5678@gmail.com
