Quarter To Three - Chair Dance



拍數: 96 編數: 0 級數: Chair Dance

編舞者: Pat Margarita (USA) - June 2014 音樂: Quarter To Three, by US. Bonds



Start - 4/8 Counts Into Music (32)

Description; Instructor Is Sitting Facing The Class And Begins Patterns With Left Foot. Class Will Begin With Their Right Foot As If Looking In A Mirror

TOE STRUTS FORWARD, TOE STRUTS BACK- 4 PATTERNS OF 8

1-4 TOUCH LEFT TOE FORWARD, DROP LEFT HEEL, TOUCH RIGHT TOE FORWARD,

DROP HEEL

5-8 TOUCH LEFT TOE BACK, DROP HEEL, TOUCH RIGHT TOE BACK, DROP HEEL

REPEAT: THESE 2 PATTERNS 4 X'S (HAND PATTERN IS DOING THE JERK)

SIDE TOGETHER SIDE TOUCH WITH CLAP, 4 PATERNS OF 8

1-4 STEP LEFT TO LEFT, BRING RIGHT BESIDE LEFT, STEP LEFT TO LEFT, TOUCH RIGHT

BESIDE LEFT CLAP AT THE SAME TIME

5-8 STEP RIGHT TO RIGHT, BRING LEFT BESIDE RIGHT, STEP RIGHT TO RIGHT, TOUCH

LEFT BESIDE RIGHT, CLAP AT THE SAME TIME.

9-32 REPEAT THESE TWO PATTERNS 4X'S (HAND PATTERNS DOING THE SUPREEM'S

SLIDE)

STEP TO SIDE TOUCH AND CLAP 4 PATTERNS OF 8

1-2 STEP LEFT TO LEFT, TOUCH RIGHT BESIDE LEFT CLAP AT SAME TIME
3-4 STEP RIGHT TO RIGHT, TOUCH LEFT BESIDE RIGHT CLAP AT SAME TIME.

1-16 REPEAT THESE 2 PATTERNS 4X'S (HAND PATTERNS ARE DOING THE CLAPS)

START OVER FROM THE TOP.

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