# Band On The Run (Music \& Motion) (Chair Dance) 

Count: 32
Wall: 1
Level: Beginner Chair Dance
Choreographer: V. Allen L. Isidro (USA) - October 2022
Music: Band On The Run - Paul McCartney \& Wings

Note: Music \& Motion by LDVALI is a seated dance exercise program series.
Sequence: AA AA AA AA AAA - BB BB BB BBB CCC Tag
Main Song Phrase - CC CC DD DD CC CC DD DD until the end
Intro (16-count lead into the music)
Part A (all hand motions)
SWAY BOTH HANDS RIGHT TO LEFT \& FLICKERING FINGERS TO LEFT
1-2-3-4 Sway both hands left-right-left-right
5-6-7-8 Move both hands to left up in the air with flickering fingers
SWAY BOTH HANDS LEFT TO RIGHT \& FLICKERING FINGERS TO RIGHT
1-2-3-4 Sway both hands right-left-right-left
5-6-7-8 Move both hands to right up in the air with flickering fingers
Repeat Set A five and a half ( $51 / 2$ ) times
Part B (all footwork)
RIGHT HEEL-HEEL-STOMP-HOLD, LEFT HEEL-HEEL-STOMP-HOLD
1-2-3-4 Right heel-heel-stomp-hold
5-6-7-8 Left heel-heel-stomp-hold
Repeat Set B nine times (9x)
Part C (all hand motions)
BOTH HAND FISTS PUSHING FROM CHEST OUT TO RIGHT \& LEFT
1-2-3-4 Push double fists right-right-left-left
5-6-7-8 Push double fists right-right-left-left
Repeat Set C two time (3x)
TAG Air Lead Guitar with right hand strumming on about 16 count Air Rhythm Guitar with left hand strumming on about 16 count (based on the guitar music interlude)

Repeat Set C but alternating with Part D every 32-ct
Part D (hands \& feet slow motion run)
ALTERNATING RIGHT \& LEFT HANDS MOVING SIMULTANEOUSLY WITH RIGHT \& LEFT FEET
1-2 Step right with right hand moving forward, step left with left hand moving forward like in an upright half-circular motion
3-4 Step right with right hand moving forward, step left with left hand moving forward like in an upright half-circular motion
5-6 Step right with right hand moving forward, step left with left hand moving forward like in an upright half-circular motion

Step right with right hand moving forward, step left with left hand moving forward
like in an upright half-circular motion
Repeat Set D but alternating with Part C every 32-ct
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