

Georgy Girl (Chair Dance)

Compte: 32

Mur: 1

Niveau: Absolute Beginner - Chair dance



Chorégraphe: Laura Rittenhouse (AUS) - October 2022

Musique: Georgy Girl - The Seekers

Start after 16 counts

(Arm movements in brackets below each 4 steps – the arm movements in this dance are done to complement the lyrics of the chorus)

S1: 4 TOE STRUTS IN PLACE R/L/R/L

1,2,3,4 Touch R toe beside L (with R heel raised), Drop R heel, Touch L toe beside R, Drop L heel
(1,2,3,4 Leave L hand on thigh and snap R fingers, Slap R hand to thigh, Snap L fingers, Slap L hand on thigh)

5,6,7,8 Touch R toe beside L (with R heel raised), Drop R heel, Touch L toe beside R, Drop L heel
(5,6,7,8 Leave L hand on thigh and snap R fingers, Slap R hand to thigh, Snap L fingers, Slap L hand on thigh)

S2: SWING R FOOT TO DIAGONAL, SWING L FOOT TO DIAGONAL

1,2,3,4 Slide R toe to R diagonal lifting slightly at the end (1,2), Slide R toe to return to centre (3,4)
(1,2,3,4 Leaving L hand on L thigh swing R hand with palm up following foot (1,2), Swing R hand back finishing with R hand on thigh (3,4))

5,6,7,8 Slide L toe to L diagonal lifting slightly at the end (5,6), Slide L toe to return to centre (7,8)
(5,6,7,8 Swing L hand with palm up following foot (5,6), Swing L hand back with palm up finishing with L hand on thigh (7,8))

S3: ARC R FOOT FWD & R WITH TOE TAPS, ARC BACK TO CENTRE WITH TAPS

1,2,3,4 Tap R toe slightly fwd R, Tap R toe slightly fwd R, Tap R toe slightly back R (making a slight arc with foot), Hold

(1,2,3,4 Sweep R arm out ending with palm up extended above R shoulder)

5,6,7,8 Tap R toe slightly fwd L, Tap R toe slightly back L, Place R foot beside L (making a slight arc with foot), Hold

(5,6,7,8 Sweep R arm back ending with palm on R lap.)

S4: ARC L FOOT FWD & L WITH TOE TAPS, ARC BACK TO CENTRE WITH TAPS

1,2,3,4 Tap L toe slightly fwd L, Tap L toe slightly fwd L, Tap L toe slightly back L (making a slight arc with foot), Hold

(1,2,3,4 Sweep L arm out ending with palm up extended above L shoulder)

5,6,7,8 Tap L toe slightly fwd R, Tap L toe slightly back R, Place L foot beside R (making a slight arc with foot), Hold

(5,6,7,8 Sweep L arm back ending with palm on L lap.)

Choreographer's note:

This and all my seated line dances are designed to allow people with limited mobility – whether temporary or permanent – to dance. They can be done while seated using your legs, arms or your legs & arms.

Alternatively, the dances can be done while standing and holding the back of a chair, a walker or a cane. Of course, it's also possible to do these dances as normal line dances without turning – though turning options are easy to create. The objective of my seated line dances is to provide options for everyone, no matter their physical ability, to be able to move to music in a set pattern, exercising both body and brain while doing a fun activity. Feel free to adapt any "steps" to suit you and just keep moving and have fun.

All of my seated line dances can be found on the "Seated Line Dances" playlist on my YouTube Channel here: https://www.youtube.com/playlist?list=PLMKDRX7zYhSXUHfbfOoFo0bX_OnBqD40v and on this Copperknob list: <https://www.copperknob.co.uk/lists/23969/lauras-seated-line-dances>

Last Update: 27 Jun 2023

