L-O-L (Chair Dance)



编舞者: Rita Ensminger (USA) - June 2019

音乐: Before the Next Teardrop Falls - Freddy Fender



Alt. music: More And More And More by The Bellamy Brothers

TOE/KNEE IN-OUT, HEEL STEP, TOE/KNEE IN-OUT, HEEL STEP

1-4 R toe/knee turned in-out, R heel touch forward, step together
5-8 L toe/knee turned in-out, L heel touch forward, step together

SHUFFLES

1&2 R side-together-side3&4 L side-together-side

5&6 R point forward, point side, step together L point forward, point side, step together

HAIR BRUSH-BACK, SNAP, SNAP

1-2 R hand brush over right ear, L hand brush over left ear,

3-4 R hand snap. Left hand snap

5-8 Repeat

BACK, SIDE, FWD, STEP IN PLACE, APART, APART, TOGETHER, TOGETHER

1-4 R back, L side, R forward, L step in place

5-8 R step side, L step side, R step in, L step together

REPEAT