

I Forgot To Remember To Forget (Chair Dance)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 1 级数: Beginner Chair Dance
编舞者: Georgie Mygrant (USA) - April 2022
音乐: I Forgot to Remember to Forget - John Prine & Mac Wiseman



Intro: 16

Tap R toe Fwd. 2x then to R side and back to center, Same on L

1-8 Tap R fwd.2x, Tap to R side, Step back to center, Tap L fwd. 2x, Tap L to L side, Step on L next R

March R/L/R, Lift L Knee, Lift R knee, Lift L knee, Repeat on L

1-8 March in place R/L/R, Lift L knee, Lift R knee. Lift L knee

1-8 March in place L/R/L, Lift R knee, Lift L, Lift R knee

Step R to R side, Step L to L side

1-4 Step R to R side, touch L to R, Step L to L side, Step R to L

5-8 Step L to L side, Touch R to L, Step R to R side, Step L to R

That's it! Line dancing from your chair! Make sure that you're always sitting up straight, and try not to slouch! It's easier to move the legs if you're sitting on the front half of the chair. You can hold on to the sides of the chair if you like for balance, or you can do any kind of arm movement you like. Most line dancers tuck their thumbs into the waist of their britches!! This routine is how you can Sit & Get Fit! If you have any problems, please contact me. mygeo@adamswells.com Please don't alter routine without my permission. Thank you