

Rocket to the Sun (Chair Dance)

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 0 级数: Chair Dance
编舞者: Maddison Glover (AUS) & Jennifer Jones (USA) - December 2023
音乐: What You've Done To Me - Samantha Jade



Modified December 2023

Section 1: MARCH IN PLACE, PUSHING HANDS FORWARD, CLAP, PULL HANDS BACK,

1,2,3,4 Feet march in place L,R,L,R, Reach hands out fwd. 1,2,3, Clap on count 4
5,6,7,8 Feet march in place L,R,L,R, Pull hands back, 5,6,7,8

Section 2: SIDE TOUCH, SIDE TOUCH, RAISE HANDS, WAVE ARMS SLOWLY RIGHT AND LEFT, TOUCH R, (X2)

1,2 Step R to right, touch L next to R, Raise hands, sway arms right (1,2)
3,4 Step L to left, touch R next to L, sway arms left (3,4)
5,6 Step R to right, touch L next to R, sway arms right (5,6)
7,8 Step L to left, touch R next to L, sway arms left (7,8)

Section 3: V STEP, V STEP, HANDS TOUCH RIGHT KNEE, LEFT KNEE, RIGHT HIP, LEFT HIP,

1,2 Step R heel fwd., R hand touch right knee(1), Step L heel fwd., L hand touch Left knee(2)
3,4 Step R heel back, R hand touch right hip(3), Step L heel back, L hand touch left hip(4)
5,6 Step R heel fwd., R hand touch right knee(5), Step L heel fwd., L hand touch Left knee(6)
7,8 Step R heel back, R hand touch right hip(7), Step L heel back, L hand touch left hip(8)

Section 4: SIDE TOUCH, SIDE TOUCH, WAVE ARMS SLOWLY RIGHT AND LEFT , REACH HANDS LEFT FORWARD AND SWING AROUND FORWARD TO RIGHT ½ circle

1,2 Step R to right, touch L next to R, Raise hands, sway arms right (1,2)
3,4 Step L to left, touch R next to L, sway arms left (3,4)
5,6,7,8 Arms reach forward to the left then swing around forward to the right ½ circle

Begin again.

Thank you, Maddison Glover, for blessing this dance. Her wonderful dance was modified to a chair dance, so the residents of Keystone Commons, an assisted living community could "dance". It's better to dance in your chair than not at all.

This step sheet cannot be altered without written permission.

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