Old Time Rock and Roll (Chair Dance)

拍数: 32   **墙数:** 0   **级数:** Chair Dance

编舞者: Georgie Mygrant (USA) - January 2024

音乐: Old Time Rock & Roll - Bob Seger & The Silver Bullet Band

或: It Had to Be You - John Stevens

或: Somebody Loves You - Crystal Gayle

Or alternate songs:
It Had to Be You By: John Stevens,
Somebody Loves You By Crystal Gayle (slower)

Intro: 16 counts
Sit towards the front or middle of the chair, so you can move your legs freely.

1-8   Tap Heels fwd. and Toes back, R 2x, L 2x
Arm movement, Pump arms fwd. and back 2x's each R/L

1-8   Tap R toe to side and back to center, R 2x, L 2x
Arm movements, Raise bent at elbow at the side R 2x, L 2x

1-8   Kick R leg fwd. 2x, L 2x
Arm movements, Push L arm fwd. and back, while kicking R fwd. Push R fwd. while kicking L fwd. If it's confusing for them to do the alternate arms, just use the R with R, L with L

1-8   Lift R knee up 2x, L 2x
Arm movements, Hit R knee with L hand 2x, Hit L knee with R hand 2x. Same as above, if it's easier for them, use the same arm with the same leg.

I hope they like this fun song and routine. It helps with their coordination and is good for the memory. If they tire of this song, you can do it with any 32 count song with no tags. Enjoy! I have no problems if you have to change it a little to fit the class. I teach a chair class and know that everyone is different, so I adjust things to fit them. If you have any questions, please contact me and I'll help you if I can. mygeo@adamswells.com or mygrantg@gmail.com

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