

The Four Wanderers (Chair Dance)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 0 级数: Beginner - Chair Dance
编舞者: Jennifer Jones (USA), Rosie Multari (USA), Georgie Mygrant (USA) & Adeline Cheng (MY) - February 2024
音乐: The Wanderer - Dion



Modified By: Jennifer Jones February 2024

Music Available on: iTunes and amazon.com

Section 1: SWIVEL HEELS OUT/IN, R HEEL TAP FWD., X2, R TOE TAP BACK X2, RAISE ELBOWS OUT/IN X2, HANDS TOUCH KNEES, HOLD, HANDS TOUCH HIPs, HOLD

- 1, 2, Heels swivel out/in, Elbows out/in
- 3, 4 Heels swivel out/in, Elbows out/in
- 5, 6, R heel tap fwd. X2, Hands touch knees, hold
- 7, 8 R toe tap back X2, Hands touch hips, hold

Section 2: SWIVEL HEELS OUT/IN, L HEEL TAP FWD., X2, L TOE TAP BACK X2, RAISE ELBOWS OUT/IN X2, HAND TOUCH KNEES, HOLD, HANDS TOUCH HIPs, HOLD

- 1, 2, Heels swivel out/in, Elbows out/in
- 3, 4 Heels swivel out/in, Elbows out/in
- 5, 6, L heel tap fwd. X2, Hands touch knees, hold
- 7, 8 L toe tap back X2, Hands touch hips, hold

Section 3: V-STEP X2, HANDS REACH OUT/IN X2

- 1, 2 R heel fwd., L heel fwd., R hand fwd., L hand fwd.
- 3, 4 R heel back, L heel back, R hand back, L hand back
- 5, 6 Repeat 1, 2
- 7, 8 Repeat 3, 4

Section 4: TAP HANDS ON KNEES, X2, CLAP X2, TWIST BODY X4

- 1, 2, 3, 4 Hands tap knees X2, Clap X2
- 5, 6, 7, 8 Twist body R, L, R, L

Begin dance again,

This chair dance was created so those that are unable to stand can still dance. We must always remember, though our bodies are ageing and not always in working condition, our minds are still young and yearning for more. Love, be patient, kindness goes a long way. Happy dancing however it looks. :)

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