C.M.A.O.

拍數: 32	牆數: 0	級數: mixer Circle dance
編舞者: Willie Brown (SCO) - July 2012		
音樂: Anything of your choice !!		

(CLAPPING MY A** OFF)

Suggested music; 'Still In Love With You' – Travis Tritt
'Absolutely Everybody' – Vanessa Amorosi
'100 Chilli Pipers' – Red Hot Chilli Pipers - *preferred track*
Dancers should be in 2 circles around the floor facing each other
**During section 2 the inside circle moves one place to the Left

Section 1 CHASSE, ROCK BACK, RECOVER x2
For Section 1 you and you partner should start and end up facing each other

1&2	Step Right to Right side, close Left beside Right, step Right to Right side
3,4	Rock back on Left, recover weight forward on Right
5&6	Step Left to Left side, close Right beside Left, step Left to Left side
7,8	Rock back on Right, recover weight forward on Left

Section 2 SHUFFLE x4 MAKING FULL TURN RIGHT
For Section 2 you and your partner should link Right arms

1&2, 3&4, 5&6	Link Right arms - Using 3 shuffles (Right, Left, Right) make a full turn Right to face your partner again *Now unlink arms*
7&8	On the 4th shuffle (with Left) dancers on the inside circle move to the next partner on the

left. The outside circle just shuffles on the spot awaiting a new partner – remember to say 'HI' J

Section 3 JAZZ BOX x2

1,2,3,4	Cross Right over Left, step back on Left, step Right to Right side, step forward on Left
5,6,7,8	Cross Right over Left, step back on Left, step Right to Right side, step Left to Left side

Section 4 'HANDS' SECTION

1	Clap both hands with your partners
2	Clap your own hands together
3	Clap your hands behind your back
4	Clap your own hands together
5&	Clap your Right hand with your partners Right hand, clap your own hands together
6&	Clap your Left hand with you partners Left hand, clap your own hands together
7&8	Clap both hands with your partner, clap your own hands together twice

...START AGAIN...

NB When using the track '100 Chilli Pipers' a restart is needed.
There will be 16 drum beats at 3:00 so dance the first 16 counts of the dance without changing partner then start again