

Radio (Chair Dance)

拍數: 32 牆數: 1 級數: Beginner (Chair dance)
編舞者: Laura Rittenhouse (AUS) - April 2022
音樂: Radio - Darius Rucker



Start after 32 counts

(Arm movements in brackets below each 4 steps)

S1: 2 HEEL SPLITS; ROLL KNEES R THEN L

1,2,3,4 Swivel both heels out, Return heels to centre, Swivel both heels out, Return heels to centre
(1,2,3,4 Holding arms with forearms parallel & hands up: cross hands and move elbow out, uncross hands putting elbows close, cross hands, uncross. This creates a scissor effect with elbows going out as heels go out)

5,6,7,8 Rise up on your toes while rolling knees up to the right then lower heels while rolling down at centre (a smooth semi-circle movement, 5,6), Repeat to L (7,8)

(5,6,7,8 Holding arms up with palms out circle hands to the R (5,6) then L (7,8))

S2: DIG RIGHT HEEL RIGHT AND LEFT HEEL LEFT, REPEAT

1,2,3,4 Dig R heel fwd, Step R foot beside L, Dig L heel fwd, Step L foot beside R
(1,2,3,4 Move hands up over L shoulder & clap (opposite direction of feet), Place hands on thighs, Move hands up over R shoulder & clap, Place hands on thighs)

5,6,7,8 Dig R heel fwd, Step R foot beside L, Dig L heel fwd, Step L foot beside R
(5,6,7,8 Move hands up over L shoulder & clap (opposite direction of feet), Place hands on thighs, Move hands up over R shoulder & clap, Place hands on thighs)

S3: POINT R TO FWD, POINT R TOE R DIAGONAL, SWEEP R FOOT TO CENTRE; REPEAT L

1,2,3,4 Tap R toe fwd (12:00), Tap R toe at R diagonal (1:30), Sweep R foot in R arc to step beside L foot (3,4)

(1,2,3,4 Point R index finger towards R toe, Point R index finger towards R toe, Sweep R arm around to right in a scooping motion to rest R hand on R thigh (3,4))

5,6,7,8 Tap L toe fwd (12:00), Tap L toe at L diagonal (10:30), Sweep L foot in L arc to step beside R foot (7,8)

(5,6,7,8 Point L index finger towards L toe, Point L index finger towards L toe, Sweep L arm around to left in a scooping motion to rest L hand on L thigh (7,8))

S4: POINT R FOOT TO R, RECOVER, POINT L FOOT TO L, RECOVER, TAP R TOE BACK, RECOVER, TAP L TOE BACK, RECOVER

1,2,3,4 Point R toe to R, Step R foot beside L, Point L toe to L, Step L foot beside R
(1,2,3,4 Move hands to L & clap (opposite direction of feet), Place hands on thighs, Move hands to R & clap, Place hands on thighs)

5,6,7,8 Tap R toe back, Step R foot beside L, Tap L back, Step L foot beside R
(5,6,7,8 Move hands to fwd L & clap (opposite direction of foot), Place hands on thighs, Move hands to fwd R & clap, Place hands on thighs)

Choreographer's note:

This and all my seated line dances are designed to allow people with limited mobility – whether temporary or permanent – to dance. They can be done while seated using your legs, arms or your legs & arms.

Alternatively, the dances can be done while standing and holding the back of a chair, a walker or a cane. Of course, it's also possible to do these dances as normal line dances without turning – though turning options are easy to create. The objective of my seated line dances is to provide options for everyone, no matter their physical ability, to be able to move to music in a set pattern, exercising both body and brain while doing a fun activity. Feel free to adapt any "steps" to suit you and just keep moving and have fun.

All of my seated line dances can be found on the "Seated Line Dances" playlist on my YouTube Channel here: https://www.youtube.com/playlist?list=PLMKDRX7zYhSXUHfbfOoFo0bX_OnBqD40v and on this Copperknob list: <https://www.copperknob.co.uk/lists/23969/lauras-seated-line-dances>

