# Car Wash (Chair Dance)



編舞者: Helen Woods (USA) - March 2024

音樂: Car Wash - Rose Royce



### Sequence: INTRO AB AB CAB

## INTRO: Slap Thighs in rhythm to the beat for 11 sets of 8 Then start with right leg

1-4 March right, left, right, then kick left
5-8 March left, right, left, then kick right
9-32 Repeat counts 1-8 three more times

#### SECTION A: March 3, Kick

1-4 March right, left, right, then kick left
5-8 March left, right, left, then kick right
9-32 Repeat counts 1-8 three more times

#### SECTION B: Wax On, Wax Off

1-8 Right Arm moves in a counter clockwise circle

9-16 Left Arm moves in clockwise circle

17-24 Circle both arms

25-32 Circle both arms in other direction

#### **SECTION C: Arm Reaches and Shimmy**

1-2 Reach right arm up and across body, return3-4 Reach left arm up and across body, return

5-8 Shimmy

9-56 Repeat counts 1-8 six more times

57-58 Reach right arm up and across body, return,

59-60 Reach left arm up and across, return,