

The Last Shanty (Chair Dance)

COPPER **KNOB**
STEPSHEETS

拍數: 32 牆數: 0 級數: Chair dance
編舞者: Gary O'Reilly (IRE) & Jennifer Jones (USA) - August 2024
音樂: The Last Shanty - Patrick Feeney



Section 1: HEEL, TOGETHER, HEEL, TOGETHER, MARCH, CLAP, HANDS TOUCH KNEES, HIPS, RAISE ARMS UP & DOWN

- 1, 2 Tap R heel fwd., R hand touch R knee (1), step R next to L, R hand touch R hip (2)
- 3, 4 Tap L heel fwd., L hand touch L knee (3), step L next to R, L hand touch L hip (4)
- 5, 6 Step R, Raise L arm up & drop R arm (5), Step L, Raise R arm up & drop L arm (6)
- 7, 8 Step R, Raise L arm up & drop R arm(7), Clap (8)

Section 2: MARCH, CLAP, TOUCH, SIDE, TOUCH, SIDE, TOUCH, RAISE ARMS UP AND DOWN, RAISE HANDS SWAY RIGHT AND LEFT

- 1, 2 Step L, Raise R arm up & drop L arm (1), Step R, Raise L arm up & drop R arm (2)
- 3, 4 Step L, Raise R arm up & drop L arm(3), Clap (4)
- 5, 6 Step R to R side, (5), touch L next to R, (6) raise arms and sway to the right (5,6)
- 7, 8 Step L to L side (7), touch R next to L (8), sway arms to the Left (7,8)

Section 3: STEP SIDE, TOGETHER, SIDE, TOUCH, HANDS SWOOP TO THE RIGHT, REPEAT ON THE LEFT SIDE

- 1, 2 R step right, Hands and body swoop to the right (1) L step next to R, Hands and body swoop to the right (2)
- 3, 4 R step right, Hands and body swoop to the right (3) L touch next to R, Hands hold on (4)
- 5, 6 L step left, Hands and body swoop to the left (5) R step next to L, Hands and body swoop to the left (6)
- 7, 8 L step left, Hands and body swoop to the left (7) R touch next to L, Hands hold on (8)

Section 4: STOMP, HOLD, STOMP, HOLD, HANDS TOUCH KNEES, SWAY BODY

- 1, 2 Stomp R, R hand touch R knee(1), HOLD (2)
- 3, 4 Stomp L, L hand touch L knee(3), HOLD (4)
- 5, 6 Sway R (5), Sway L (6)
- 7, 8 Sway R (7), Sway L (8)

Begin dance again

Thank you, Gary O'Reilly, for choreographing a wonderful line dance and giving me your blessing on modifying it into a chair dance. I hope your mum loves it as much as my seniors do.

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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