

La La Dancing In The Moonlight (Chair Dance)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Beginner - Chair Dance
編舞者: Han Myoungmin (KOR) - September 2024
音樂: Dancing in the Moonlight - Toploader



No TAG / No RESTART

Intro Dance (32 counts)

SEC1(1~8) Hold (Wait comfortably and feel the rhythm)

SEC2(1~8) Jazz Hands(from the left waist, over the head, to the right waist)

SEC3(1~8) Jazz Hands(from the right waist, over the head, to the left waist)

SEC4

1~6 Jazz Hands(Cross your hands to make a circle)

7 8 Hands Touch Both Knee(7), Hold(8)

Main Dance : Start on lyrics "On most~"

SEC 1 : SWIVEL R (HEEL, TOE, HEEL, TOE), SWIVEL L(TOE, HEEL, TOE, HEEL)

1 2 Swivel both Heel to R (1), Swivel both Toe to R (2)

3 4 Swivel both Heel to R (3), Swivel both Toe to R (4)

5 6 Swivel both Toe to L (5), Swivel both Heel to L (6)

7 8 Swivel both Toe to L (7), Swivel both Heel to L (8)

SEC 2 : SIDE STEP & TOUCH X4 (with Clap)

1 2 Step RF to R side(1), Touch LF next to RF, Clap(2)

3 4 Step LF to L side(3), Touch RF next to LF, Clap(4)

5 6 Step RF to R side(5), Touch LF next to RF, Clap(6)

7 8 Step LF to L side(7), Touch RF next to LF, Clap(8)

***If you want to make it more lively, You can change the rhythm as follows.**

1 & 2 Step RF to R side(1), Touch LF next to RF(&), Hold, Clap(2)

3 & 4 Step LF to L side(3), Touch RF next to LF(&), Hold, Clap(4)

5 & 6 Step RF to R side(5), Touch LF next to RF(&), Hold, Clap(6)

7 & 8 Step LF to L side(7), Touch RF next to LF(&), Hold, Clap(8)

SEC 3 : MARCH IN PLACE, FWD POINT, MARCH IN PLACE, FWD POINT (swing your arms gently back and forth)

1 2 Step RF in place (1), Step LF in place (2)

3 4 Step RF in place (3), Point L Toe fwd (4)

5 6 Step LF beside RF (5), Step RF in place (6)

7 8 Step LF in place (7), Point R Toe fwd(8)

SEC 4 : SWEEP, DRAG, STEP, HANDS TOUCH

1~4 Sweep RF clockwise & Open arms in front of chest

5~6 Drag L toe to L side & Send both Fists to the right

7 8 Step LF beside RF & Hands Touch both knee (7), Hold (8)

If you don't like unilateral exercises, try practicing in the opposite direction.

This chair dance was created for my precious friend who loves the moon and stars.
Enjoy with your beloved family and friends. Thank you.

Enjoy your dance then you will be happy :-)

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