

# A Bar Song (Chair Dance)

拍數: 32      牆數: 1      級數: Beginner - Chair Dance  
編舞者: Eileen Bamford (UK) - February 2025  
音樂: A Bar Song (Topsy) - Shaboozey



**Intro: 32 counts - Start with palms face down in your lap**

## Section 1: Rumba box

- 1            Raise right hand, palm forward to touch your right shoulder
- 2            Raise left hand, palm forward next to your right hand
- 3            Extend the right arm straight forward at shoulder height
- 4            Extend the left arm forward from the right shoulder
- 5            Move the left arm to be in front of the left shoulder (arm still straight)
- 6            Move the right arm to meet the left in front of left shoulder
- 7            Bring left hand back to touch the left shoulder
- 8            Bring right hand back next to left hand

## Section 2: Step touch, step touch, grapevine to the right

- 1&2        Move both hands together in an arc up and over in front of your face to land in front of your right shoulder
- 3&4        Move both hands together in an arc up and over in front of your face to land in front of your left shoulder
- 5            Move right hand to right side at shoulder height to land between collar bone and shoulder
- 6            Cross left hand behind right to land at the right shoulder
- 7            Move right hand to right side to land just beyond the right shoulder
- 8            Move left hand to meet right

## Section 3: Step touch, step touch, grapevine to the left with a qtr turn

- 1&2        Move both hands together in an arc up and over in front of your face to land in front of your left shoulder
- 3&4        Move both hands together in an arc up and over in front of your face to land in front of your right shoulder
- 5            Move left hand to left side at shoulder height to land between collar bone and shoulder
- 6            Cross right hand behind left to land at the left shoulder
- 7            Move left hand to left side to land just beyond the left shoulder
- 8            Swirl right hand in the air in a lasso motion

## Section 4: 2 x Heel touch, jump, hips

- 1            Make a fist with your right hand and lower the forearm to your lap, elbow at your waist
- 2            Raise your right fist back to shoulder level, elbow still at waist height
- 3            Make a fist with your left hand and lower the forearm to your lap, elbow at your waist
- 4            Raise your left fist back to shoulder level, elbow still at waist height
- 5            Extend both arms forward, palms to the front
- 6            Hold one beat
- 7            Tilt both hands to the right
- 8            Tilt both hands to the left

## Tag after wall 10: Step touch x 2

- 1&2        Both hands together, move in an arc up and over in front of your face to land in front of your right shoulder
- 3&4        Both hands together, move in an arc up and over in front of your face to land in front of your left shoulder

Thank you for checking out my dance – Eileen at [www.bamfordbellesandbeaus.co.uk](http://www.bamfordbellesandbeaus.co.uk)

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