

Blurred Lines / Chair Dance

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: CHAIR DANCE
編舞者: Pat Margarita (USA) - June 2014
音樂: Blurred Lines (feat. T.I. & Pharrell) - Robin Thicke



**SITTING ON CHAIR MOVE FORWARD UNTIL HEEL ARE FLAT ON THE FLOOR;
INSTRUCTOR BEGINS WITH LEFT FOOT, CLASS MIRRORS INSTRUCTOR;**

OUT, OUT, IN, IN, TWO TIMES

- 1-4 PLACE LEFT FOOT OUT TO SIDE, PLACE RIGHT FOOT OUT TO SIDE, BRING LEFT FOOT TO CENTER, BRING RIGHT FOOT TO CENTER.
5-8 REPEAT PATTERNS, 1-4

1-8 BEGIN AGAIN FROM 1-8.

FORWARD, FORWARD, BACK, BACK, TWO TIMES

- 1-4 PLACE LEFT FOOT FORWARD, PLACE RIGHT FOOT FORWARD, RETURN LEFT FOOT TO CENTER, RETURN RIGHT FOOT TO CENTER.
5-8 REPEAT PATTERNS 1-4

1-8 REPEAT AGAIN FROM 1-8

MACARAINA HAND PATTERNS

- 1-4 STRETCH LEFT HAND OUT IN FRONT, PALM DOWN, STRETCH RIGHT HAND OUT IN FRONT, PALM DOWN, TURN LEFT HAND PALM UP, TURN RIGHT HAND PALM UP.
5-8 PLACE LEFT HAND ON RIGHT SHOULDER, PLACE RIGHT HAND ON LEFT SHOULDER, PLACE LEFT HAND ON LEFT THIGH, PLACE RIGHT HAND ON RIGHT THIGH.

1-8 REPEAT PATTERNS 1-8

HIP BOUNCES 2X'S

- 1-4 BOUNCE 2X'S ON RIGHT HIP, BOUNCE 2X'S ON LEFT HIP
5-8 REPEAT HIP BOUNCES 1-4,

THEN REPEAT AGAIN, 1-8

Contact: instructor5678@gmail.com