

Chair Dance



Chair Dance - Can be done with as little as 2 adults or as many as we have

16 Bars - Core

8 Bars - Out/Ins (Front line forward first, back line sideways first, all with stamp at the end)

8 Bars - Rockettes (R leg up first, all end with leg up on knee at end)

8 Bars - Core 8

8 Bars - Click step (Right heel to chair, left, jump click x 2, 3 stamps, 2 claps) x 2

8 Bars - Slides (All right then left with arms 4x)

8 Bars - Chair drags (Front line 8 core, back line push chair to line)

16 Bars - Core SPEED UP

8 Bars - Out/Ins (Front line forward first, back line sideways first, all with stamp at the end)

8 Bars - Rockettes (R leg up first, all end with leg up on knee at end)

8 Bars - Core 8

8 Bars - Click step (Right heel to chair, left, jump click x 2, 3 stamps, 2 claps) x 2

8 Bars - Slides (All right then left with arms 4x)

8 Bars - Chair drags (Front line 8 core, back line drag chair back to two lines)