

The Parade

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Count: —

Wall: —

Level: Improver - Line or Circle

Choreographer: Amy Christian (Aug 2014)

Music: Any piece of music

This dance is choreographed for dancers to be part of a parade, as the dance has you moving forward.

You could do it at run/walk marathons too!

This dance can be used as a Circle dance in class.

Music: Any piece of music. Or even without any music and using just counts!!

First set of 8 - This first set of 8 below is repeated after every other new 8.

WALK, WALK, SHUFFLE FWD, WALK, WALK, SHUFFLE FWD (I am calling this set of 8,... THE BASIC)

Followed by,.....

(1) ROCKING CHAIR, STEP FWD, ½ PIVOT, STEP FWD, ½ PIVOT, THE BASIC,

(2) KICKBALL CHANGE (moving fwd) X 2, STEP R OUT AND DOUBLE BUMP R, DOUBLE BUMP L, THE BASIC,

(3) ROCK FWD, RECOVER, BACK SHUFFLE, ROCK BACK, RECOVER, FWD SHUFFLE, THE BASIC,

(4) STEP R TO R SIDE, PIVOT ¼ L (9:00), SHUFFLE FWD, STEP L FWD, PIVOT ¼ R (12:00), SHUFFLE FWD, THE BASIC,

(5) SAMBA (moving forward) X 4, (Easier option - Step Fwd, Touch Out - snapping fingers, X (4), THE BASIC,

(6) PRESS R, SLIDE L BACK, PRESS L, SLIDE R BACK X 2, (This is done on the spot & so you don't move forward) THE BASIC, or Step R to R side, Touch L next to R, Step L to L side, Touch R next to L, X 2.

(7) JAZZ BOX, OUT, OUT, IN, IN, THE BASIC,

(8) STEP R OUT TO R SIDE & do a 1 ½ CCW HIP ROLL, weight ending on L (1-4), - TOUCH R NEXT TO L & STRIKE A POSE (L arm straight up and R arm out to right side) (5) & HOLD(FREEZE) FOR 3 COUNTS (6-8).

Begin again!!!!

Add fun arm parts where ever you can to make the dance “Pop”!

***If you need to turn around and make a ½ turn - add two ¼ Monterey Turn steps at the end of the sequence or when you need it and begin again!**

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