Great Balls of Fire (Chair Dance)

Count: 16 **Wall:** 1 **Level:** Absolute Beginner - Chair dance

Choreographer: Laura Rittenhouse (AUS) - October 2022

Music: - Jerry Lee Lewis

Choreography done to slower 80 BPM

Start after 4 piano notes with lyrics or wait 16 counts

(Arm movements in brackets below each 4 steps)

S1: TOE SPLITS X 2; TAP R TOE WIDE R, TAP ½ WAY TO CENTRE, STEP R BESIDE L, REPEAT TAPPING WITH L

1,2,3,4 Keeping heels together split both toes out, Return both toes to centre, Split both toes out, Return both toes to centre

(1,2,3,4 Hold hands above lap with palms down: as toes go out swivel hands out from elbows keeping palms down, as toes come back swivel hands to cross over lap – do this twice)

5&6,7&8 Tap R toe to far R, Tap R toe ½ way to centre, Step R beside L; Tap L toe far L, Tap L toe ½ way to centre, Step L beside R

(5,6,7,8 Leave L hand on lap and point R finger to right rolling hand in circular motion back towards body as you bring the hand above lap and place hand on knee (1&2); Repeat rolling motion with L hand (7&8))

S2: HEEL DIG R, HEEL DIG L; 3 HEEL BOUNCES R, 3 HEEL BOUNCES L

1,2,3,4 Dig R heel to R diag, Step R beside L, Dig L heel to L diag, Step L beside R

(1,2,3,4 Point R thumb over R shoulder, Place R hand on R knee, Point L thumb on L shoulder, Place L hand on L knee)

5&6,7&8 Bounce R heel, Bounce R heel, Bounce R heel, Bounce L heel, Bounce L heel, Bounce L heel

(5&6,7&8 Slap R hand on R thigh in time with heel bounces, Slap L hand on L thigh in time with heel bounces)

Choreographer's note:

This and all my seated line dances are designed to allow people with limited mobility – whether temporary or permanent – to dance. They can be done while seated using your legs, arms or your legs & arms. Alternatively, the dances can be done while standing and holding the back of a chair, a walker or a cane. Of course, it's also possible to do these dances as normal line dances without turning – though turning options are easy to create. The objective of my seated line dances is to provide options for everyone, no matter their physical ability, to be able to move to music in a set pattern, exercising both body and brain while doing a fun activity. Feel free to adapt any "steps" to suit you and just keep moving and have fun.

All of my seated line dances can be found on the "Seated Line Dances" playlist on my YouTube Channel here:
https://www.youtube.com/playlist?list=PLMKDRX7zYhSXUHfbfOoFo0bX_OnBqD40v

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=164580