

# Pick A Bale - Chair Dance

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**Count:** 48      **Wall:** —      **Level:** Chair Dance

**Choreographer:** Pat Margarita (June 2014)

**Music:** Pick A Bale Of Cotton, by Lonnie Donegan

## **Instructor Faces Group, Sitting**

**Sitting On Chair With Heels Flat On The Floor, Mirror Instructor Moves**

**SIDE TOUCHES, HITCH, STOMP, STOMP, CLAP, CLAP**

**1-4 TOUCH LEFT FOOT TO LEFT SIDE, RAISE LEFT KNEE AND SLAP WITH RIGHT HAND 2X'S**

**5-8 STOMP LEFT FOOT, STOMP RIGHT FOOT, CLAP 2X'S**

**1-8 REPEAT PATTERNS, 1-8 ON RIGHT SIDE**

**1-16 REPEAT BOTH PATTERNS.**

## **FORWARD HEEL TOUCHES**

**1-4 TOUCH LEFT HEEL FORWARD, RETURN TO CENTER, TOUCH RIGHT HEEL FORWARD, RETURN TO CENTER**

**5-8 TOUCH LEFT FORWARD, RETURN TO CENTER, TOUCH RIGHT HEEL FORWARD, RETURN TO CENTER.**

**1-8 REPEAT PATTERNS 1-8**

## **BEGIN AGAIN**

**Contact: [instructor5678@gmail.com](mailto:instructor5678@gmail.com)**