



# Parmi Nous

## For Wheelchair Users

### 1 WALL - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Rolls Forward and Back</b>		
1 - 4	Roll forward.	Forward 2, 3,4	Forward
5 - 8	Roll back.	Back 2,3,4	Back
<b>Section 2</b>	<b>Roll Forward, 1/2 Turn Left, Hand Strut</b>		
1 &	Slowly roll forward	Forward	Forward
2 - 4	Make 1/2 turn left.	Turn 3,4	Turning left
5 - 8	Touch left finger tips on left thigh. Hold. Drop palm to thigh. Hold	Left Strut	On the spot
<b>Section 3</b>	<b>Roll Forward, 1/2 Turn Right, Hand Strut</b>		
1 &	Slowly roll forward	Forward	Forward
2 - 4	Make 1/2 turn right.	Turn 3,4	Turning right
5 - 8	Touch right finger tips on right thigh. Hold. Drop palm to thigh. Hold	Right Strut	On the spot
<b>Section 4</b>	<b>Chair Twist, Chair Rock</b>		
1 - 2	Twist chair diagonally right.	Twist	Turning right
3 - 4	Twist chair diagonally left.	Twist	Turning Left
5	Return chair to centre position.	Centre	Turning right
6 - 8	Roll slightly forward. Raise front of chair. Drop chair down.	Roll Up Down	Forward
<b>Option</b>	<b>If you are unable to raise front of chair simply roll forward, then back.</b>		
<b>Tag 1</b>	<b>Performed at end of Wall 1 &amp; Wall 6 - with chorus (Wooh wooh wooh wooh)</b>		
1 - 4	Raise shoulders - Right, Left, Right, Left.		
<b>Tag 2</b>	<b>Performed once at end of Wall 4</b>		
1 - 8	Repeat section 1 steps 1 - 8		
9 - 16	Repeat section 4 steps 1 - 8		

**Choreographed by:** Gilles Bataille (France) www.handiline.fr July 2008

**Choreographed to:** 'Parmi Nous, Dreams Come True' by Steve & Heather (118 bpm) available from iTunes.