

**Socca Dance (2nd
Sitting Version)**

ABSOLUTE BEGINNER

32 Count 1 Walls

Choreographed by: Kim Nolan "Kimbo"

Choreographed to: Socca Dance by Chayanne

32ct Absolute Beginner 116BPM Chair based upper body routine. (I have also available a 2nd seated version using upper & lower body) Music: Socca Dance by Chayanne available from iTunes & CD Provocame. Shimmy & clap during instrumental before starting routine to shake off any shyness to get you into a carefree tropical summery mood. Enjoy yourself. Start on vocals unless you are eager & want to start from ct 32 of instrumental section

1 Lean Forward Right, Left, Right, Clap, Lean Back L, R, L, Clap

1 - 4 Moving upper body forward little by little Lean R shoulder fwd, lean L shoulder fwd, lean R shoulder fwd, clap

5 - 8 Moving upper body back little by little, Lean L shoulder back, lean R shoulder back, lean L shoulder back, clap

2 Clap x 3, Clap x 3, Lean Back, Shimmy

1 & 2 Clap 3 times over the right shoulder

3 & 4 Clap 3 times over the left shoulder

5 - 6 Lean back, straighten up

7 - 8 Shimmy shoulders

3 Hand Rolls to Right, Clap, (Repeat to Left)

1 - 4 Roll hands around each other as you move arms to the right, clap

5 - 8 Roll hands around each other as you move arms to the left, clap

4 Point, Touch, Point, Touch, Punch x 2, Shimmy

1 - 2 Point R hand to right, touch R shoulder with R hand

3 - 4 Point L hand forward, touch L shoulder with L hand

5 - 6 Punch R arm up, punch L arm up

7 - 8 (lowering arms slightly) Shimmy shoulders forward

simple short shimmy tag after 1st & 2nd verse only**TAG: VERY simple short shimmy Tag honest! at end of verses 1&2(from ct 32):**

1 - 4 Lean forward, clap, shimmy twice

5 - 8 Lean back, clap, shimmy twice (Repeat 1-8)

START ROUTINE AGAIN until the BEST BIT as music builds to its crescendo at 3m 27secs near the end of song after ct 24 (after 2nd clap from rolling hands): Raise arm in air making lasso motions as you whoop & cheer for 4 counts, then repeat routine from start until music fades.

Note: This routine is available in 3 options: a seated upper body plus a seated upper & lower body routine, and both are adapted from my 2 Wall routine so all can join in.

There, doesnt it feel great to shimmy & cheer, all we need now is a sunny beach, if not, let us play it again anyway, who needs a beach to do the Socca Dance? Thanks again to Chayanne for an uplifting summery song. Have fun.

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