

Hound Dog - Seated

Count: 24 Wall: 1 Level: Beginner

Choreographer: Laura Rittenhouse (AUS) – April 2022

Music: Hound Dog by Elvis Presley

Choreography done to slower, 86 BPM

Start after 1 count when Elvis sings “hound”

(Arm movements in brackets below each 4 steps)

S1: HEEL DIGS RIGHT & LEFT; TOE POINTS RIGHT & LEFT

1,2,3,4 Dig R heel fwd, Step R foot beside L, Dig L heel fwd, Step L foot beside R

(1,2,3,4 Move hands up over L shoulder & snap fingers (opposite direction of feet), Place hands on thighs, Move hands up over R shoulder & snap fingers, Place hands on thighs)

5,6,7,8 Point R toe to R, Step R foot beside L, Point L toe to L, Step L foot beside R

(5,6,7,8 Move hands to L & snap fingers (opposite direction of feet), Place hands on thighs, Move hands to R & snap fingers, Place hands on thighs)

S2: FAST HEEL BOUNCES RIGHT & LEFT; SWIVEL HELLS RIGHT & LEFT

1&2,3&4 Bounce R heel, Bounce R heel, Bounce R heel, Bounce L heel, Bounce L heel,
Bounce L heel

(1&2,3&4 Slap R hand on R thigh in time with heel bounces, Slap L hand on L thigh in time with heel bounces)

5,6,7,8 Swivel both heels R, Swivel both heels to centre, Swivel both heels L, Swivel both heels to centre

(5,6,7,8 Both hands held in front of torso with palms facing forward swing R, Place both hands on thighs, Swing palms L, Place both hands on thighs)

S3: QUICK POINTS OF RIGHT TOE MOVING RIGHT & LEFT THEN LEFT MOVING LEFT & RIGHT

1&2,3&4 Tap R toe slightly R, Tap R toe slightly R, Tap R toe slightly R (moving foot R

with each tap) Tap R toe slightly L, Tap R toe slightly L, Step R foot beside L

(1&2,3&4 Point R finger moving further R with each tap then back L with each tap then rest R hand on thigh when R foot steps beside L (count 4))

5&6,7&8 Tap L toe slightly L, Tap L toe slightly L, Tap L toe slightly L (moving foot L with each tap) Tap L toe slightly R, Tap L toe slightly R, Step L foot beside R

(5&6,7&8 Point L finger moving L with each tap then back R with each tap then rest L hand on thigh when L foot steps beside R (count 8))

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