

# Slow Hands (Chair Dance)

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Count: 24                      Wall: 1                      Level: Absolute Beginner

Choreographer: Laura Rittenhouse (AUS) – May 2022

Music: Slow Hands by Niall Horan

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**Start after 20 counts (first 4 are beats, no tune)**

**(Arm movements in brackets below each 4 steps)**

## **S1: SIDESTEPS RIGHT AND LEFT**

1,2,3,4 Step R to R, Touch L beside R, Step L to L, Step R beside L

(1,2,3,4 Keeping L hand resting on L thigh take 2 counts to draw R hand across to the R with arm extended fwd parallel to the ground, 2 counts to draw hand back towards the centre and lower to your R thigh – think of painting a wall in front of you, side-to-side with your hand as you do these arm gestures)

5,6,7,8 Step L to L, Touch R beside L, Step R to R, Step L beside R

(5,6,7,8 Keeping R hand resting on R thigh take 2 counts to draw L hand across to the L with arm extended fwd parallel to the ground, 2 counts to draw hand back towards the centre and lower to your L thigh)

## **S2: DIAGONAL STEPS FWD RIGHT AND LEFT**

1,2,3,4 Step R fwd on R diagonal, Touch L beside R, Step L back to centre, Step R beside L

(1,2,3,4 For 2 counts raise and roll R arm out to the R diagonal until extended parallel to ground with palm up, for 2 counts roll back across torso resting R hand on L shoulder giving yourself a ½ hug)

5,6,7,8 Step L fwd on L diagonal, Touch R beside L, Step R back to centre, Step L beside R

(5,6,7,8 For 2 counts raise and roll L arm out to the L diagonal until extended parallel to ground with palm up, for 2 counts roll back across torso resting L hand on R shoulder giving yourself a full hug)

## **S3: 2 HEEL SPLITS; 4 HEEL BOUNCES**

1,2,3,4 Swivel both heels out, Return heels to centre, Swivel both heels out, Return heels to

centre

(1,2,3,4 Raise hands from shoulder with forearms crossed and palms facing face, Uncross arms, Cross arms, Uncross arms with hands moving in front of face)

5,6,7,8 Raise and bounce heels 4 times (5,6,7,8)

(5,6,7,8 Slap both palms to thighs 4 times 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](https://www.youtube.com/playlist?list=PLMKDRX7zYhSXUHfbfOoFo0bX_OnBqD40v)