

Stay Here (Chair Dance)

Count: 24 Wall: 1 Level: Absolute Beginner

Choreographer: Laura Rittenhouse (AUS) – May 2022

Music: Stay Here by Lee DeWyze

Start after 12 counts (or with the vocals at 36 counts). Counting begins after long tone when he sings “woah”.

(Arm movements in brackets below each 4 steps)

S1: HEEL SWIVELS RIGHT & LEFT

1,2,3,4 Swivel R heel R, Swivel R heel to centre, Swivel R heel R, Swivel R heel to centre

(1,2,3,4 Place L hand on L thigh and hold R hand in front of torso palm facing forward:
Swing R hand R, Swing R hand to centre, Swing R hand R, Drop R hand to R thigh)

5,6,7,8 Swivel L heel L, Swivel L heel to centre, Swivel L heel L, Swivel L heel to centre

(5,6,7,8 Raise & swing L hand L, Swing L hand to centre, Swing L hand L, Drop L hand to L thigh)

S2: (DRAW A “W”) TOUCH R FOOT FWD R DIAG, RECOVER, TOUCH R FOOT FWD, RECOVER; TOUCH L FOOT FWD, RECOVER, TOUCH L FOOT FWD L DIAG, RECOVER

1,2,3,4 Touch R toe fwd on R diagonal, Step R beside L; Touch R toe fwd, Step R beside L

(1,2,3,4 Index finger of R hand follows R foot & ends with hand resting on thigh)

5,6,7,8 Touch L toe fwd, Step L beside R, Touch L toe fwd on L diagonal, Step L beside R

(5,6,7,8 Index finger of L hand follows L foot & ends with hand resting on thigh)

S3: DIG R HEEL FWD, STEP R FOOT BESIDE L; REPEAT; DIG L HEEL FWD, STEP L FOOT BESIDE R; REPEAT

1,2,3,4 Dig R heel fwd, Return R foot to centre, Dig R heel fwd, Return R foot to centre

(1,2,3,4 Place L hand on thigh and hold R hand palm out pushing heel of R hand fwd at R diag, Slap R thigh with R hand, Push heel of R hand fwd at R diag, Slap R thigh with R hand,)

5,6,7,8 Dig L heel fwd, Return L foot to centre, Dig L heel fwd, Return L foot to centre

(5,6,7,8 Hold L hand palm out pushing heel of L hand fwd at L diag, Slap L thigh with L hand, Push heel of L hand fwd at L diag, Slap L thigh with L hand)

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