

The Only Way I Know (Chair Dance)

Count: 32 Wall: 1 Level: Beginner

Choreographer: Laura Rittenhouse (AUS) – May 2022

Music: The Only Way I Know by Jason Aldean (with Luke Bryan and Eric Church)

Start after 32 counts

(Arm movements in brackets below each 4 steps)

S1: 4 HEEL RAISES

1,2,3,4 Rise onto both toes, Drop both heels, Rise onto both toes, Drop both heels

(1,2,3,4 Curl both fists up and down with heels – as if curling weights)

5,6,7,8 Rise onto both toes, Drop both heels, Rise onto both toes, Drop both heels

(5,6,7,8 Curl both fists up and down with heels – as if curling weights)

S2: STEP FWD R, L, STEP R BACK DIAG, TOUCH L; PUT L TOE BACK CENTRE, R BESIDE L, STEP FWD R, L

[Head movements for chorus “straight ahead, never turn around, don’t back up, don’t backdown”]

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

(R arm fwd with palm facing L, L arm fwd with palm facing R, R arm to R with palm facing back [turning head to R], L arm to R with palm touching R bicep)

5,6,7,8 Put L toe back at centre (under chair), Put R toe beside L (If standing, step back L, touch R instead of putting toes back), Step R fwd, Step L fwd

(Close fist with L thumb up and point it back over L shoulder [shake head “no”], Point R thumb back over R shoulder [shake head “no”], Slap R hand on thigh [shake head “no”], Slap L hand on thigh [shake head “no”])

S3: SLIDE R FOOT IN CIRCLE, SLIDE L FOOT IN CIRCLE; REPEAT 2 CIRCLES

1,2,3,4 Slide R foot sweeping fwd & around to the L finishing beside L foot (1,2) Slide L foot sweeping fwd & around to the R finishing beside R foot (3,4)

(1,2,3,4 Scoop R hand fwd with palm facing right following foot to finish on thigh (1,2),
Scoop L hand fwd with palm facing left following foot to finish on thigh (3,4))

5,6,7,8 Slide R foot sweeping fwd & around to the L finishing beside L foot (5,6) Slide L foot
sweeping fwd & around to the R finishing beside R foot (7,8)

(5,6,7,8 Scoop R hand fwd with palm facing right following foot to finish on thigh (5,6),
Scoop L hand fwd with palm facing left following foot to finish on thigh (7,8))

S4: DIG RIGHT HEEL FORWARD TWICE, BOUNCE RIGHT HEEL AT CENTRE TWICE; REPEAT TO LEFT

1,2,3,4 Dig R heel fwd & lift foot, Dig R heel fwd & lift foot, Return R foot to centre &
bounce R heel, Bounce R heel

(1,2,3,4 Hold R hand palm out pushing heel of R hand fwd & pull back towards torso,
Repeat, Slap R thigh with R hand, Repeat)

5,6,7,8 Dig L heel fwd & lift foot, Dig L heel fwd & lift foot, Return L foot to centre &
bounce L heel, Bounce L heel

(5,6,7,8 Hold L hand palm out pushing heel of L hand fwd & pull back towards torso, Repeat,
Slap L thigh with L hand, Repeat)

TAG: after wall 2, 8 counts

SWIVEL HEELS RIGHT, CENTRE, LEFT, CENTRE; REPEAT

1,2,3,4 Swivel heels R, Swivel heels to centre, Swivel heels L, Swivel heels to centre

(1,2,3,4 Hold hands in front of torso palm facing forward: Swing hands R, Drop hands on
knees, Swing hands L, Drop hands on knees)

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

(5,6,7,8 Swing hands R, Drop hands on knees, Swing hands L, Drop hands on knees)

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