

Stretchy Pants (Chair Dance)

Count: 32

Wall: 1

Level: Absolute Beginner - Chair dance

Choreographer: Laura Rittenhouse (AUS) - June 2022

Music: Stretchy Pants - Carrie Underwood



Start after 16 counts

(Arm movements in brackets below each 4 steps)

S1: RAMBLE RIGHT FOOT RIGHT & LEFT

1,2,3,4 Swivel R toe R, Swivel R heel R, Swivel R toe R, Hold

(1,2,3,4 Place L hand on L thigh and hold R hand in front of torso palm facing down: Pivot R fingers R, Pivot R wrist to R, Pivot R fingers R, Hold)

5,6,7,8 Swivel R toe L, Swivel R heel L, Swivel R toe L (feet side-by-side with toes fwd), Hold

(5,6,7,8 Pivot R fingers L, Pivot R wrist to L, Pivot R fingers L, Drop R hand to R thigh)

S2: RAMBLE LEFT FOOT LEFT & RIGHT

1,2,3,4 Swivel L toe L, Swivel L heel L, Swivel L toe L, Hold

(1,2,3,4 Hold L hand in front of torso palm facing down: Pivot L fingers L, Pivot L wrist to L, Pivot L fingers L, Hold)

5,6,7,8 Swivel L toe R, Swivel L heel R, Swivel L toe R (feet side-by-side with toes fwd), Hold

(5,6,7,8 Pivot L fingers R, Pivot L wrist to R, Pivot L fingers R, Drop L hand to L thigh)

S3: DIAGONAL STEPS FWD RIGHT AND LEFT

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

(1,2,3,4 Raise hands up and to R, Clap, Lower hands to centre of torso, Clap)

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

(5,6,7,8 Raise hands up and to L, Clap, Lower hands to centre of torso, Clap)

S4: DIG RIGHT HEEL FWD TWICE, BOUNCE RIGHT HEEL AT CENTRE; 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 Place L hand on thigh and hold R hand palm out pushing heel of R hand fwd & pull back towards torso, Repeat, Slap R thigh with R hand, Slap R thigh with R hand)

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, 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 and on this Copperknob list: <https://www.copperknob.co.uk/lists/23969/lauras-seated-line-dances>

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