

# Chair Dance Movement Session Plan

Movement	Repeat	Dance Style Influence
Breathe in and out slowly	x 5	Generic Warm Up
Stretch arms up one by one	x 2	Generic Warm Up
Rub both legs with hands up and down motion	x 2 each	Generic Warm Up
Take Right arm and push out in front of you to the left – then alternate with Left arm in front of you to the right	x 5 each	Salsa
Tap left foot forward and then back then the right foot	x 5 each	Line Dancing
Make hands into a fist and bang on top of each other, right on top of left, then left on top of right	x 5	Rock 'n' Roll
Move right leg to the side then drag it back, repeat with left leg	x 5 each	Tango
Put hands on hip and move left shoulder forward, then alternate with the right shoulder	x 5 each side	Line Dancing
Kick legs up one at a time and alternate	x 5 each	The Can Can
Right hand on hip and put Left arm in air and bring down to the right – alternate with the Left hand to the left	x 5 each	Saturday Night Fever
Left legs up and down as fast as able tapping feet	x 10-20	Quick Step
Lift Right arm out in front at the same time as moving the Left foot out in front and tapping and bring down Repeat with the Left arm and right foot	x 5	Salsa
Rub both legs with hands up and down motion	x 2 each	Generic Warm Down
Stretch arms up one by one	x 2	Generic Warm Down
Breathe in and out slowly	x 5	Generic Warm Down

## **Suggested Music Links from YouTube**

[Tango Music](#)

[Country Line Dancing Music](#)

[Saturday Night Fever](#)

[Salsa Music](#)

[The Can Can](#)

[Quick Step Music](#)