Chair Dancing

14 seated dance moves with pictures. One song.

Wakeout

Use a sturdy chair without wheels, feet flat. Go as big or as small as you like and keep breathing. Stop if anything hurts or you feel dizzy.



Feel The Beat

Hands on your knees. Bounce with the beat.

2 × 8 counts



Shoulder Dance

Bounce your shoulders with the beat.

2 × 8 counts



Head Swings

Tilt your head gently from side to side.

2 × 8 counts



Forward Stomps

Hold the seat. Stomp one foot, then the other.

2 × 8 counts



Knee Shimmy

Swing both knees left and right, arms loose.

2 × 8 counts



The Cha Cha

Elbows bent in front of you. Arms left and right: one, two, cha-cha-cha.

2 × 8 counts



Chicken Dance

Hands near your chest. Flap your elbows like wings.

2 × 8 counts



Come Here And Dance

Wave one hand toward you, then the other, like calling a friend over.

2 × 8 counts



Elbow Waves

Send a wave through your arms, from one elbow to the other.

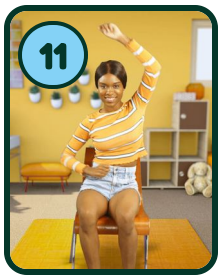
2 × 8 counts



Fist Pump - Left Hand

Pump your left fist in the air for eight counts. Then the right.

2 × 8 counts



Sky Punches

Punch up toward the ceiling, one arm at a time.

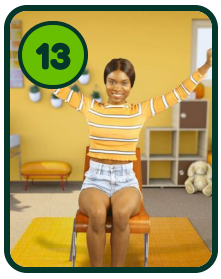
2 × 8 counts



Raise The Roof

Palms up. Push the ceiling with both hands.

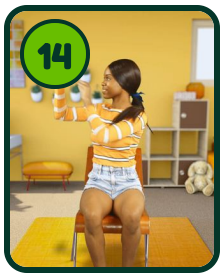
2 × 8 counts



Wipers

Both arms up. Sway them left and right like windshield wipers.

2 × 8 counts



Sprinkles

Hands high. Wiggle your fingers as you turn from side to side.

2 × 8 counts

Watch every move on video:

wakeout.app/exercises/chair-dancing-desk-break-fun

Your chair dance choreography

Do each move for two counts of eight, in order. Twice through is about one song.

Short song? The 8-move version:

1. Feel The Beat
2. Shoulder Dance
4. Forward Stomps
6. The Cha Cha
7. Chicken Dance
11. Sky Punches
12. Raise The Roof
13. Wipers