

# Higher and Higher (Chair Dance)

Count: 32

Wall: 1

Level: Absolute Beginner Chair Dance

Choreographer: Laura Rittenhouse (AUS) - May 2022

Music: Your Love Keeps Lifting Me Higher And Higher - Jackie Wilson



Start after 32 counts

(Arm movements in brackets below each 4 steps)

## **S1: 2 HEEL BOUNCES, DIAGONAL TOUCH R; 2 HEEL BOUNCES, DIAGONAL TOUCH L**

1,2,3,4 Lift and drop both heels, Lift and drop both heels, Point R toe to R diag, Step R beside L  
(1,2,3,4 Roll fists around each other (1,2) Lift R hand to R with palm to ceiling, Return R hand back to centre)  
5,6,7,8 Lift and drop both heels, Lift and drop both heels, Point L toe to L diag, Step L beside R  
(5,6,7,8 Roll fists around each other (5,6) Lift L hand to L with palm to ceiling, Return L hand back to centre)

## **S2: SLIDE R FOOT FWD WHILE TAPPING HEEL X 3, STEP R BESIDE L; REPEAT WITH L**

1,2,3,4 Raise heel & slide R foot fwd slightly tapping heel with the count, Continue sliding R foot with a heel tap, Continue sliding R foot with a heel tap, Step R foot beside L  
(1,2,3,4 Slowly raise R palm with palm facing ceiling (1,2,3), Place palm on R thigh)  
5,6,7,8 Raise heel & slide L foot fwd slightly tapping heel with the count, Continue sliding L foot with a heel tap, Continue sliding L foot with a heel tap, Step L foot beside R  
(5,6,7,8 Slowly raise L palm with palm facing ceiling (5,6,7), Place palm on L thigh)

## **S3: 2 HEEL BOUNCES, SIDE TOUCH R; 2 HEEL BOUNCES, SIDE TOUCH L**

1,2,3,4 Lift and drop both heels, Lift and drop both heels, Point R toe to R diag, Step R beside L  
(1,2,3,4 Roll fists around each other (1,2) Lift R hand to R with palm to ceiling, Return R hand back to centre)  
5,6,7,8 Lift and drop both heels, Lift and drop both heels, Point L toe to L diag, Step L beside R  
(5,6,7,8 Roll fists around each other (5,6) Lift L hand to L with palm to ceiling, Return L hand back to centre)

## **S4: TAP R TOE 3 TIMES MOVING ACROSS FRONT OF L FOOT, STEP R BESIDE L; REPEAT WITH LEFT**

1,2,3,4 Tap R toe to L fwd diagonal (across front of L at 10:30), Tap R toe forward (at 12:00), Tap R toe to R fwd diagonal (at 1:30), Step R foot beside L  
(1,2,3,4 Extending R arm point R index finger following foot with each tap then rest R hand on thigh when R foot steps beside L (count 4))  
5,6,7,8 Tap L toe to R fwd diagonal (across front of R at 1:30), Tap L toe forward (at 12:00), Tap L toe to L fwd diagonal (at 10:30), Step L foot beside R  
(5,6,7,8 Extending L arm point L index finger following foot with each tap then rest L hand on thigh when L foot steps beside R (count 8))

### **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](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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