Strummingbird– Seated Version

Count: 32 Wall: 4 Level: Absolute Beginner

Choreographer: Maddison Glover – Oct 25
Armograher: Eileen Bamford (UK) – May 2026
Music: One More – James Johnston

Intro 16 counts – no tags, no restarts!

Section 1: Touch in place, side touch in place, vine right and touch

1,2 Swing both hands together in a semi circle from your left front, back to your stomach and out to your right front
3,4 Swing both hands together in a semi circle from your right front, back to your stomach and out to your left front
5 Move your right hand to in front of your right shoulder
6 Move your left hand behind the right
7 Move your right hand to the right of your left, beyond your shoulder
8 Move your left hand next to your right

Section 2: Step out with hip bumps L, R, L, R with flick left, vine left and touch

1 "Bounce" your left hand down sideways to waist height
2 "Bounce" your right hand down sideways to waist height
3 "Bounce" your left hand down sideways to waist height
4 "Bounce" your right hand down sideways to waist height while touching your left hand to your left temple
5 Move your left hand to in front of your left shoulder
6 Move your right hand behind the left
7 Move your left hand to the left of your right, beyond your shoulder
8 Move your right hand next to your left

Section 3: Heel struts R, L, R, L,

1 Set your right forearm upright in front of your right chest
2 Drop your right hand down to your lap from the elbow (or drop it forwaed from the wrist if that is more comfortable)
3 Set your left forearm upright in front of your left chest
4 Drop your left hand down to your lap from the elbow (or drop it forward from the wrist if that is more comfortable)
5 Set your right forearm upright in front of your right chest
6 Drop your right hand down to your lap from the elbow (or drop it forward from the wrist if that is more comfortable)
7 Set your left forearm upright in front of your left chest
8 Drop your left hand down to your lap from the elbow (or drop it forward from the wrist if that is more comfortable)

Section 4: Double heel fwd, double toe back, V step

1,2 Bounce your right hand in front of your right chest, palm forward, twice
3,4 Touch your right hand back on to your right shoulder twice
5 Extend your right arm diagonally above and to the right of your right shoulder (or diagonally forward)
6 Extend your left arm diagonally above and to the left of your left shoulder (or diagonally forward)
7 Return your right hand to a neutral position
8 Return your left hand to a neutral postion

Please make all movements as big or as small as is comfortable for you and your body, and feel free to add any flamboyant flourishes that take your fancy ☺

For more information on seated dancing please contact me at: bamfordbellesandbeaus@gmail.com

Thank you to Maddison Glover for permission to adapt this dance.