

Idear - Seated Version

Count: 32

Wall: 4

Level: Absolute Beginner Chair

Choreographer: Matt Lewis (WLS), Andrew Hayes (UK) & Eileen Bamford (UK) - July 2026

Music: IDEAR - Cooper Alan



Intro 32 counts – no tags, no restarts

Section 1: x4 shuffles R,L,R,L

- 1&2 Tap your right fist to your right shoulder, left fist to left shoulder, right fist to right shoulder
- 3&4 Tap your left fist to your left shoulder, right fist to right shoulder, left fist to left shoulder
- 5&6 Tap your right fist to your right shoulder, left fist to left shoulder, right fist to right shoulder
- 7&8 Tap your left fist to your left shoulder, right fist to right shoulder, left fist to left shoulder

Section 2: Stomp right, kick, coaster step, Stomp left, kick, coaster step

- 1 Extend your right fist at waist height with a bent elbow
- 2 Extend your right arm directly up above your right shoulder (or straight forward from your right shoulder)
- 3&4 Tap your right hand to your right shoulder, tap your left hand to your left shoulder, extend your right palm forward
- 5 Extend your left fist at waist height with a bent elbow
- 6 Extend your left arm directly up above your left shoulder (or straight forward from your left shoulder)
- 7&8 Tap your left hand to your left shoulder, tap your right hand to your right shoulder, extend your left palm forward

Section 3: Right fwd diagonal, touch, Left fws diagonal touch, grapevine right

- 1 Extend your right arm to the right front diagonal at shoulder height
- 2 Join your left hand to your right with a clap
- 3 Extend your left arm to the left front diagonal at shoulder height
- 4 Join your right hand to your left with a clap
- 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 4: Grapevine left, V Step

- 1 Move your left hand to in front of your left shoulder
- 2 Move your right hand behind the left
- 3 Move your left hand to the left of your right, beyond your shoulder
- 4 Move your right hand next to your left
- 5 Extend your right arm diagonally above and to the right of your right shoulder (or to the right front diagonal)
- 6 Extend your left arm diagonally above and to the left of your left shoulder (or to the left front diagonal)
- 7 Return your right hand to a neutral position (optional twirl your right hand in a lasso motion to signify a qtr turn)
- 8 Return your left hand to a neutral position

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 Matt Lewis & Andrew Hayes for permission to adapt this dance.

Last Update: 8 Sep 2026
