Holiday Party Dance Warmup Card

A no-cost, low-impact eight-count sequence for adults, to practice at home or beside other adults at a gathering.

Adults practicing at home or at a gathering. No partner contact, no music needed: count aloud at an easy pace. There are no jumps, spins, lifts or floor work. This is a practice sheet, not medical or therapeutic advice.

Set up for comfort

- Level, non-slippery floor and secure footwear.
- Clear space for each side step and arm movement. At a gathering, move chairs, bags, decorations and drinks out of the way first.
- Start with feet comfortably close together, knees relaxed, gestures small.

Seated option

- Use a stable, non-rolling chair, back supported, feet on the floor or a stable foot support.
- Stay centered: no leaning sideways or reaching beyond support. Hand taps can replace foot movements any time.
- A rest or skipped movement is always fine.

Stop if movement hurts or you feel dizzy. Breathe naturally; no breath is timed to a count.

1 The sequence: four sections, eight counts each

Learn one section at a time before you link them. Choose standing or seated for a whole section, and pause before changing position.

A Side step-touch · 8 counts

Counts	Standing	Supported seated
1–2	Step right on 1; touch left beside right on 2 (no weight on left).	Tap right hand on right thigh on 1; rest on 2.
3–4	Step left on 3; touch right beside left on 4, back to start.	Tap left hand on left thigh on 3; rest on 4.
5–6	Repeat counts 1–2: step right, touch left.	Repeat right-hand tap and rest.
7–8	Repeat counts 3–4: step left, touch right, back to start.	Repeat left-hand tap and rest.

Keep each step short enough to return easily. Arms may rest at your sides.

B Alternating placement · 8 counts

Counts	Standing	Supported seated
1–4	Four small steps in place: right, left, right, left.	Lift and lower each heel gently (toes supported): right, left, right, left, or alternate hand taps.
5–8	Four more small steps in place: right, left, right, left.	Repeat the heel movements or hand taps.

Lift each foot only enough to place it comfortably.

Sections C and D, and Putting It Together

Same rules: small, steady, comfortable.

C Side touch and return · 8 counts

Counts	Standing	Supported seated
1–2	Touch right toes a short distance to the side on 1; return beside left on 2.	Move right hand a short distance outward on 1; return to thigh on 2.
3–4	Touch left toes to the side on 3; return beside right on 4.	Move left hand outward on 3; return to thigh on 4.
5–8	Repeat the right touch on 5 and return on 6; left touch on 7 and return on 8.	Repeat the right then left hand movements.

Shift weight gently before each side touch. Avoid reaching or locking the supporting knee.

D Small gesture and reset · 8 counts

Counts	Standing	Supported seated
1–4	Feet still: right hand slightly forward on 1, return on 2; left hand forward on 3, return on 4.	The same, keeping your back supported.
5–8	Let both hands settle at your sides, then stay comfortably still and keep counting.	Both hands rest on thighs; keep counting.

Finish still, ready to start again.

2 Build a practice round

A → B → C → D, two times through. Each section is 8 counts, so one round is 4 × 8 = 32 counts and two rounds are 64 counts. Take an uncounted rest between rounds if you like, and do not speed up to finish.
Practicing with other adults? Stand or sit side by side facing the same direction; everyone uses their own right and left. The goal is a comfortable return to the starting position, not bigger steps.

My practice log

Date	Standing or seated	Rounds	How it felt / what to try next

Prefer to stay at the table? Kitebright Studio also has Grown-Up Gathering: 10 No-Cost Table Games for adults. For adults 18+. This sheet includes no music, audio or video, and nothing has to be bought. Made with AI assistance and reviewed before release. Free to print and share for personal use; please do not resell.