

Everybody Dance! – seated version

International Line Dance Flashmob 2026

Count: 32 Wall: 4 Level: Absolute Beginner

Choreographers: Ben Murphy (DE) & Sascha Wolf (DE) – January 2026

Armography: Eileen Bamford (UK)

Music: Everybody Dance (Joe Mangione Edit Mix) – Sister Sledge

Intro 32 counts

Section 1: 4 x bicep curls, 4 x arm raises

- 1 Raise your right fist to your right shoulder
- 2 Raise your left fist to your left shoulder, and return your right fist to your lap
- 3 Raise your right fist to your right shoulder and return your left fist to your lap
- 4 Raise your left fist to your left shoulder, leaving your right fist in place
- 5 Open fists, put your hands next to each other, palms to the front, and raise both hands to your right ear
- 6 Move both hands diagonally upwards across your face to above your left ear
- 7 Move both hands diagonally upwards to above head height on your right
- 8 Move both hands diagonally upwards to as high as you can manage above your left shoulder

Section 2: Series of 4 claps to right and left

- 1,2 Move right hand to right shoulder and clap left hand to it twice
- 3,4 Move left hand to left shoulder and clap right hand to it once
- 5,6 Move right hand to right shoulder and clap left hand to it twice
- 7,8 Move left hand to left shoulder and clap right hand to it once

Section 3: 2 x fan to right, grapevine to right

- 1,2 Drop right hand to right side (level with the floor) and return to right shoulder
- 3,4 Drop right hand to right side (level with the floor) and return to right shoulder
- 5,6 Place right hand in front of you at right shoulder height, cross your left hand behind it
- 7,8 Move your right hand to the right side of your left, place your left hand next to it

Section 4: 2 x fan to left, grapevine to left

- 1,2 Drop left hand to left side (level with the floor) and return to left shoulder
- 3,4 Drop left hand to left side (level with the floor) and return to left shoulder
- 5,6 Place left hand in front of you at left shoulder height, cross your right hand behind it
- 7,8 Move your left hand to the left side of your right, place your right hand next to it

Tag after wall 9: Step touch x2

- 1,2 Move both arms in an upwards arc movement from your left to your right
- 3,4 Move both arms in an upwards arc movement from your right to your left

Thank you for checking out this armography, please make the movements as big or as small as is comfortable for you, and add any flourishes that take your fancy!

For more flashmob info, please visit: www.linedanceflashmob.com