

How To Dance

Couch Dance

Score by Sean Thomas Boyt
STBDancing.com

Lay down
Get back up
Sit down
Grab coffee/wine
Sip slowly
Put down empty drinking vessel
Cross legs
Cross arms
Roll across couch to the other side
Splay limbs apart
Roll neck
Snuggle head into cushions
Enveloping oneself with available pillows
Also blankets
Attempt to find inner peace
*(Optional extension:
Find remote
Good luck
Turn on television and click to the next channel
Proceed with watching for ~30 minutes)*
ZZZ