

## Armchair Adventures - A Dancing Adventure (Transcript)

### Scene 1

Connie: Hi guys, welcome to Armchair Adventures – or award winning podcast for children.

### Armchair Adventure Theme Song:

*On an armchair adventure you can go anywhere you like,  
On an armchair adventure imaginations fly.*

Connie: On this week's episode we are going on an Armchair Adventure with ... drum roll please ... Pat! Say hello Pat.

Pat: Hi everyone, I'm Pat.

Connie: How are you doing, Pat?

Pat: I'm okay, thanks Connie. Although, I've got a few aches and pains today.

Connie: Oh no, I'm sorry to hear that.

Pat: It's because I've been moving about less. Using my body less. I'm usually very active.

Connie: I know what you mean. I've been feeling really tired and I've got no energy to do anything.

My mum says it's the time of year. With it still getting darker early, and the weather. My dad says it's cos I spend so much time looking at screens.

Pat: Maybe it's a bit of both.

Connie: Maybe.

Pat: I used to do line-dancing classes every week before the pandemic. We'd all get together and learn routines to country music by singers like Keith Urban and Dolly Parton. But I haven't gone back since the classes started up again.

Connie: Why not, Pat?

Pat: I think I've lost my confidence, Connie. What if I can't keep up anymore, or it doesn't make me feel like it used to?

And I used to know loads of people there, but what if they've stopped going and there's new people who I don't know?

Connie: It's hard going back to places you used to fit in, cos what if they've changed.

Pat: That's exactly it, Connie.

Connie: How about we do something to get ourselves moving?

Pat: I'd love that. Can we go dancing? It always makes me feel better. Can dancing be today's Armchair Adventure?

Connie: I don't know. I'm not a very good dancer, I don't think I'd be much use.

Pat: It's not about how good you are. It's about expressing yourself and having fun. Why don't we get everyone together and have a go?

Connie: Yeah, okay. I'll get the rest of the customers on the phone now so they can join in too.

### Armchair Adventure Theme Song – Instrumental Only

Connie: I have all my lovely customers on a conference call now ready to take part. Say 'hi' everyone

Everybody: *(different hellos)*

Pat: Hiya everyone

Connie: So, Pat and I have been talking about how this time of year can get us down, we feel really sluggish and tired

Carla: Oh definitely, when the weather is rubbish it can really affect my mood

Chris: I just can't be bothered.

Keith: It's easier to stay inside.

Ann: I feel like I've gone into hibernation.

Connie: So Pat suggested we do some dancing! Are you all up for that?

Everybody: That sounds great / I love a good boogie / Brilliant / I haven't danced in years / *etc*

Connie: You too Adventurer – hi, by the way – yes, you who is listening right now. I want you to join in with me and my customers as well. We're going to be using our imaginations, moving and dancing – all from the

safety of where we are. We can't see each other, and we might be miles apart, but this is still something we can do together.

Barry: If Ronnie and me can do it, anyone can have a go.

Connie: That's right, Barry. And it's gonna be brilliant.

Okay Pat, so how should we start?

Pat: I think we need to get warmed up first, Connie, don't you?

Rita: We don't want to strain anything.

Connie: No, Rita, we don't. Good idea.

Pat: Find a space where we can move about on the spot safely. Okay?

Let's start with our fingers. Let's all wiggle our fingers. Like we're trying to shake water off the ends of our fingers. Both hands.

Connie: Yeah, come on everyone. You too Adventurer. We're all going to get warmed up together.

*SFX - Ding for participation*

Connie: That's great.

Pat: Now let's take the wiggle up our arms. Yeah, give them a good shake about. And now up to our shoulders as well.

Jean: This is fun!

Ronnie: I can't stand still and do this, Pat!

Pat: That's okay. Cos now we're going to start wiggling our toes too

*SFX - Ding*

Pat: And now wiggle all the way up our legs – from our toes to our knees to our hips - so it all meets in the middle and our whole body is moving and wiggling.

*SFX - Ding*

Cyril: I feel like a big jelly

Lilly: You look like one too!

Pat: And lastly our heads. Let's all shake our heads, and our lips too

*They all do. Shaking their lips sounds like horses neighs. Ding.*

Connie: That's brilliant, Ronnie.

Ronnie: My neighbours are giggling at me cos they can see me through the window. Listen, I'll give them a little wave.  
*(To the neighbours)* Hello everybody- I'm doing an Armchair Adventure, *(louder)* an Armchair Adventure! Oh forget it then!

Ros: It's certainly woke me up

Jean: I can't wait to get dancing now.

Connie: How do you feel, Adventurer? All warmed up and ready for some dancing?

John: But what kind of dancing are we going to do? There's so many different styles.

Pat: Well, which styles can you think of?

rita: Jive – really bouncy and fun with lots of kicks

Hazel: Waltz – twirling, graceful and elegant.

Lynda: Samba – so lively and fun. A party dance

chris: Tap dancing – really fast and with special shoes

Ros: Ballet – all long and flowing

Connie: What styles of dancing can you think of, Adventurer?

*SFX - Ding*

Keith: How about a Tango?

john: Ooh yeah! I've always wanted to try that.

Jean: I've seen them do that on Strictly.

rita: It's so dramatic!

Ann: Sharp, quick movements.

Chris: I like the head snaps.

Pat: Tango it is. And I've got the perfect place. Ready everyone? Grab your suits and your sequins, and let's go on a Dancing Adventure!

## **Scene 2**

*Music: Wurlitzer organ*

Chris: Oh wow, look at this place!

rita: It's beautiful!

Cyril: Look at that ceiling! All the gold, and those chandeliers.

Lilly: I'm speechless

Cyril: That's a first.

Ann: I know where we are! This is the Tower Ballroom in Blackpool.

Pat: That's right Ann. World-famous for its ballroom dancing since 1894, so the perfect place to try a Tango!

Does anyone know how to do a tango?

Barry: 1, 2, 3. 1, 2, 3.

Pat: That's a waltz, Barry. But good try.

Carla: There's a tango step that goes slow, slow, quick, quick, slow?

Pat: That's right. Let's try clapping our hands to that tango rhythm?

So, it's – slow, slow, quick, quick, slow.

*SFX - Ding. They all clap the beat as Pat says it.*

Pat: Now instead of clapping, let's walk in that rhythm. Start with your feet together and off we go...

*SFX - Ding. All stamp the beat and say – 'Slow, slow, quick, quick, slow'.*

Pat: Amazing guys! Now let's go the other way. Keep our backs really straight, and keep our steps and the turn really sharp.

Ready go!

*SFX - Ding. All stamp the beat and say it – 'Slow, slow, quick, quick, slow'.*

Keith: Got it!

jean: Can we try it to some music?

*Music: Tango*

Pat: I'll count us in, everyone. 5, 6, 7, 8.

*SFX - Ding. They do the steps.*

Pat: And turn..

*They do the steps again.*

Connie: Well done, everyone.

Hazel: I like that one. It makes me feel tall and powerful.

Ken: I like the drama of the music.

John: It's so moody and fierce.

Pat: Shall we try another one?

Everyone: Yes / Definitely / I'm game / etc.

Pat: Who's got a suggestion?

Rita: Disco dancing!

Pat: Good one Rita!

Rita: I used to go disco dancing at Pips in the 1970s. I was quite the mover!

Pat: Why don't you teach us a disco move then?

Rita: Okay. I'm not sure where we'd go, though.

Ros: To Pips?

Rita: No, it's not there anymore.

Carla: We could go to our own perfect nightclub. With a massive light-up dance floor

ros: And a glitterball, spinning sparkly light

Lynda: And a bar with every kind of drink and no queue

Jean: And a DJ that only plays our favourite songs

Pat: Sounds great. Ready everyone? Pull on your flared trousers and your platform shoes and let's take this Dancing Adventure to the disco!

### **Scene 3**

*Music: Disco*

Lynda: Oh wow, this is the perfect place.

Jean: Exactly what we said we wanted.

John: Come on then, Rita – teach us a move.

Rita: Let's all do the Funky Chicken.

Ros: The what?

Ann: That sounds silly.

Rita: The Funky Chicken. It's exactly what it sounds like – we're going to dance like a chicken.

Keith: Do chickens dance?

Barry: If they're funky they do.

Rita: Firstly, we bob our heads back and forward. Like a chicken.

Connie: You got that, Adventurer? We're bobbing our heads backwards and forwards.

*SFX - Ding*

*Some of the gang make chicken clucks*

Rita: You don't have to make the chicken noises.

Hazel: It's hard not too!

Rita: Now we bend our arms and stick our elbows out, and flap them up and down like wings.

*SFX - Ding*

Rita: Fantastic. Well done everyone.

Chris: Shall we put it all together to some music?

Everyone: Yeah / I'm ready / etc

Connie: I'm not sure I've got it.

Pat: That's okay, Connie. Just follow us and you'll pick it up.  
And you adventurer? Ready to be a funky chicken?

*Music: Disco*

Rita: Head bob  
Flap our wings  
Both together.

Rita: Well done, everyone.

Lilly: That was fun

Cyril: It just makes you smile, doesn't it.

Jean: It's hard to feel down when you're being a funky chicken with your friends.

Pat: Did you enjoy it, Adventurer? Did it make you smile?  
What about you, Connie? You've been very quiet.

Connie: If I'm honest, Pat, all this makes me feel awkward.

Pat: Why?

Connie: I want to get lost in the music and just move with it, but I can't. I feel like everyone is looking at me and laughing.

Hazel: We're not laughing at you, Connie.



Chris: We wouldn't do that.

Connie: I know you wouldn't. But I can't relax. I feel like my body is moving all wrong, and all of me is in the wrong place.

Pat: I'm sorry to hear you feel like that, Connie.  
Maybe we just haven't found your dance yet.

Lynda: Yeah Connie.

Ken: You'll get it.

Carla: We can find your favourite that works for you.

Connie: Could we try line-dancing, Pat? Maybe if it's your favourite it'll be mine too.

Pat: Of course.

Barry: What's line-dancing?

Pat: Well, it's exactly what it says it is. It's a style of dancing where lots of dancers line up in rows and follow patterns of steps to music.

Barry: That sounds good.

Jean: I'd love to try that.

Connie: I'm up for giving it a go if you'll all do it with me.

Everybody: Yeah / Of course / We're with you, Connie / *etc*

Connie: I hope you'll try some line dancing with me too, Adventurer?

Chris: Where are we going to go for our line-dancing lesson, Pat?

Pat: Well, it's a dance that is tied to country and western music.  
So I think we should go to one of the most famous places for country music – Nashville, Tennessee in America. Are you up for that?

Everybody: Yeah / Great / Let's go / *etc*

Pat: Right then everybody, let's grab our cowboy hats and our cowboy boots and take this Dancing Adventure to Nashville!

#### **Scene 4**

*Music: Country and Western*

Connie: Oh wow, where are we Pat?

Lynda: Would you look at that stage. It's huge.

Chris: And all the seats out there.

Ken: And the lights – all gold and red.

Ann: It's beautiful.

Pat: We're on the stage at the Grand Ole Opry

Keith: The Grand Old what?

Pat: The Grand Ole Opry in Nashville. There's been country music concerts staged here since the 1920s. Thousands of visitors come from all over the world, and millions of people tune in on their radio and internet.

Rita: So almost as many as listen to Armchair Adventures!

Connie: And what line-dancing move are you going to teach us, Pat?

Pat: How about a grapevine?

Carla: Oooh, that sounds exciting.

Keith: I think I know that one

Barry: Is it hard?

Pat: It's not too hard, Barry. It's four steps, and I'll break it down so we can all learn it slowly together.

Okay, Connie?

Connie: Okay. I'll try my best.

Pat: That's all anyone can ask.

Okay everyone, and Adventurer? Follow me.

*SFX - Ding*

We step our right foot to the right.  
Then we cross our left foot behind our right foot.  
Then we step our right foot to the right.  
Then we close our left foot to the left side of our right foot.

Got it?

Hazel: Oh I'm not sure.

Ronnie: I've got the wrong shoes on.

Ken: I've got too many legs for this.

John: Can you go through it again, Pat?

Pat: No problem.

Step our right foot to the right  
Cross our left foot behind our right foot.  
Step our right foot to the right.  
Close our left foot to our right foot.

How was that?

Jean: Yeah, I think I've got it.

Carla: I keep getting my left and my right mixed up.

Pat: That's okay, Carla

Want to try it with some music?

Carla: Yeah great.

Pat: Okay, let's all get in a line standing next to each other.

You too Adventurer, get in a line if you can. Or if you're dancing on your own, that's okay too.

*Music: a country music tune.*

*The gang can throw in some 'yee has' and 'whoops' as they dance!*

Pat: Okay, follow me everyone.

Right foot to the right  
Cross left foot behind  
Right foot to the right  
Close

Brilliant! Well done everyone

You okay, Connie?

Connie: I'm getting my legs all tangled up.

Pat: Don't worry.

Connie: All of you can do it.

Cyril: Everyone learns at their own pace, Connie

Lilly: Yeah good, you'll get it.

Connie: I don't want to do this anymore. It's stupid.

Chris: Don't say that.

Connie: It's too hard and I can't do it.

Pat: It takes me longer sometimes to pick up some of the moves. It can get really frustrating. But with practise, I get there.

Barry: My Dad would always say 'ne'er be beat' – never be beaten, keep trying.

Connie: I know. But I just really want to be able to do it.

I enjoy it, you know. The music. And all of us moving together. But I just wish I could do it better.

Pat: You're doing really well.

Chris: You're being too hard on yourself, Connie.

Connie: I used to do dancing at school. But there were these other kids in my class, they would laugh and say mean comments. So I stopped doing it.

Pat: That's horrible, Connie.

jean: It's horrible when other people stop you doing things you enjoy.

Chris: Don't listen to them, Connie. You're great.

Connie: That's easier said than done, though, isn't it.

Dolly: You shouldn't care what other people think. Love yourself for who you are.

chris: Oh my

Ros: Look who it is

Pat: Dolly Parton?!

Dolly: That's right! Hi y'all

All: Hello Dolly!

john: I don't believe it!

Hazel: What are you doing here, Dolly?

Dolly: I'm performing here tonight.

But I overheard your conversation, and I wanted to chime in and say – everybody has their own journey and their own way of doing things.

So maybe it takes you a little bit longer to learn the dance – that's okay.

Because the dancing's not really about the dancing – is it Pat?

Pat No. It's about moving our bodies and being active. About being with friends

Cyril: About meeting new people

Lilly: Trying new things

Carla: Learning new things

Jean: Lifting our mood

Lynda: And having fun

Dolly: So don't worry about getting the steps perfectly.

Ann: We all find our own version of perfect.

Dolly: That's right Ann, we do.

So why not make up your own dance moves?

Ken: That's a brilliant idea.

Ann: Thanks Dolly.

Pat: Dolly's right, Connie. All of these steps and different styles of dancing are great, and they're fun to learn. But why limit ourselves?

Take a little bit from here, and a little bit from there, and let's make up our own moves.

Dolly: A signature move

All: Brilliant idea / Yeah / Great / I've got one / *etc*

Ros: My signature move is a skip and then a hop.

Connie: Shall we all try that? A skip, and a hop!

*SFX - Ding*

Ronnie: Me and Barry have got one

Tap our left toe – 1, 2, 3

Barry: Then tap our right toe – 1, 2, 3. Then punch the air

Both: “Yeah!”

*SFX - Ding*

Cyril: I’m stepping side to side, with my arms outstretched flowing like waves

John: I’m doing the Robot

Lynda: I’m doing lots of shoulders, shrugging them up and down

Ken: I’m doing the caterpillar

Carla: I’m reaching up high, then down low. Up high, down low.

Keith: Oof, I’ve split my trousers doing that one!

Hazel: I’m doing finger points

Pat: I’m doing cross, step, cha-cha-cha

Chris: Ooh, I like that one Pat. Give it a bit of style.

Connie: What is your signature dance move, Adventurer?  
Why don’t you do it now

*SFX - Ding*

Pat: What’s yours Connie?

Connie: I’m doing a spin, then a clap

Pat: Good one, Connie. See you can do it.

Connie: I really can. Thanks, Pat.

### **Song**

*We're gonna dance together and move together and,  
We're feeling alright now  
We're gonna dance together and move together and,  
let me see you moving your body*

*When your feeling low and the lonely nights are getting you down,  
All the aches and pains of the day and you want to throw them all out,  
Well take moment and think of what you love and what you makes you  
happy, laugh and have fun*

*When you're feeling low, woah*

*You've you got nothing to fear so turn the music up and let it sing  
You can do anything, anything*

*When you feel alone and you really don't know what you can do,  
You mustn't hide away because exercise helps you improves your  
mood,  
So pick yourself up and call your friends and come together and dance  
and have fun*

*When you're feeling low, woah*

*You've you got nothing to fear so turn the music up and let it sing  
You can do anything, anything*

*We're gonna dance together and move together and  
We're feeling alright now  
We're gonna dance together and move together and,  
let me see you moving your body x 2*

*Do a spin and clap your hands  
Finger points or robot arms  
Because it doesn't matter what you do, when you show your signature  
move  
Be brave and let yourself go*

*We're gonna dance together and move together and  
We're feeling alright now  
We're gonna dance together and move together and,  
let me see you moving your body x 4*

Connie: What a fantastic Armchair Adventure.

Pat: I'm so glad you've enjoyed it. I have too. It's great to be back dancing again – it's really helped with my aches and pains. And it's reminded me how much I love it and I am going to go back to my dance classes.

Connie: That's brilliant, Pat.

Pat: Cos lots of things are different now, aren't they. But that's okay. And if there's new people there I can make new friends, and it can help me build back my confidence again.

Connie: Because it's not about getting all the steps or being perfect, it's about having fun and not worrying about what other people are doing.

Pat: That's right.

Connie: We're all dancing our own dance.

Pat: We certainly are. And dancing gets us moving and active which helps us feel better in our bodies and our minds. And if we're able to dance with other people, it helps us feel connected too

Connie: Like us being connected today, with all of the customers and Adventurers?

Pat: Exactly. We all danced together on today's Armchair Adventure and I feel closer and connected to all of you and that's such a special thing.

Thank you Connie. I'll definitely be booking again.

Jean: And me Connie.

Barry: I can't wait for mine.

Ronnie: Too right.

John: Here. Here.

Connie: Well, you're the best customers a travel agent could ask for - thank you.

Next time Adventurer, another one of my lovely customers gets to take us on another Armchair Adventure; inspired by their passions and interests, but for now, it's time to say goodbye. Goodbye.

Everyone: Bye / bye Connie, goodbye / Au Revoir / Arrivederci / See ya

Pat: Bye.

Connie: End. Call. Now.



*Sound of a click as Connie terminates the call.*

Connie:      Lovely.

**Outro.**

Armchair Adventures is a made by mortals production created in collaboration with hearts and minds, a theatre company for over 65s. This episode was funded by the department for digital culture media and sport, loneliness engagement fund.

**Armchair Adventure Theme Song:**

*On an armchair adventure you can go anywhere you like,  
On an armchair adventure imaginations fly.*

**The end.**