



arts connect

## **Dance Directions**

### **Ask everyone to find a space & bob up & down four times.**

Most children will bend their knees for this, but they could use their arms & lift and lower their chest, etc..

### **Then ask them to move forward & back.**

This could be just a step, a stretch or a lean...

### **Rehearse this through from the beginning –**

4 bounces on the spot, move forward then back.

### **Ask the children to repeat the bounces, but follow this with a move backwards, then forwards (returning to their original place).**

### **Rehearse this from the beginning...**

4 bounces, move forward then back; 4 bounces, move backwards then forward.

### **Ask the children to add a large, slow move to one side, followed by another to the other side.**

This might be a travel, a balance a turn...

### **Rehearse this through from the beginning.**

4 bounces – move forward & back

4 bounces – move back, then forwards

Out to one side

Out to the other side...

### **Now add a spin on the spot.**

### **Rehearse from the beginning again.**

4 bounces – move forward & back

4 bounces – move back, then forwards

Out to one side

Out to the other side

Spin

### **Finish off the sequence with a quick stretch up, a drop down towards the floor, return to your normal stance, then nod your head!**

This is usually quite quick & I often include folding the arms as they return to their normal stance.

### **Rehearse the sequence through with music – any regular 4/4 music, (walking pace).**

**If you want to take this further they could...**

Add upper body actions – to add coordination skills they could increase the complexity

Add actions – add a new movement that travels up & down, forward/back, side to side, turns around...

Rearrange the order – use the same moves but in a new order – they may wish to add repeats or pauses.