

Dance Sequences

Set 1

Mirror and Rainbow

Pizza

Tutu + Aeroplane

Define the boundary

	1	2	3	4	5	6	7	8
1	Mr		Mr		RI			
	Mr		Mr		RI			
2	Pr		Pr		PI		PI	
	Pr		Pr		PI		PI	
3	Tr		Tr		AI			
	Tr		Tr		AI			
4	DBr	DBr	DBr	DBr	DBr	DBr	DBr	DBr
	DBr	DBr	DBr	DBr	DBr	DBr	DBr	DBr

r = to right side

l = to left side

M = Mirror

R = Rainbow

P = Pizza

T = Tutu

A = Aeroplane

DB = Define the boundary

Mirror

Hold your arms stretched out to your left, your hands at right angles to your arms, the right hand on your left. Move the right hand to the front of your face. Look on it, it's a mirror!

Rainbow

Turn 90° to the right. Draw a rainbow with your hands from the bottom over your head to the other side (starting point of mirror). You have to turn your body :-)

Pizza

Hold your arms at your waist, palms up. Step to a side and move one hand, as if you'd deliver a pizza.

Tutu

Hold your arms at your waist, palms down. Step to a side and move both hands, describing a tutu (skirt). (Similar to pizza)

Aeroplane

Hold your arms like wings of an aeroplane. Twist your body to a side. Each beat a step.

Define the boundary

Step to a side, each beat two steps. Hold the corresponding arm stretched out to the front. (Define the boundary) Hide the other arm behind your back.

Step

Step to a side. (Every second beat a step)

Push

Step to a side, every second beat a step. Move both hands to the side, as if you'd give sth. a push.

Jump

Jump with both feet.

Set 2

Push to the sides

Star

Jump + Aeroplane

Queen

	1	2	3	4	5	6	7	8
1	Sr		Sr		SI		SI	
	Pr		Pr		PI		PI	
2	St				St			
	St				St			
3	J Ar				J AI			
	J Ar				J AI			
4	Qr				QI			
	Qr				QI			

S = Step

P = Push

St = Star

J = Jump

A = Aeroplane

Q = Queen

Queen

Hold your arms stretched out to both sides. [1] Touch with one stretched out leg the ground in front of you. (Don't step) [2] Now step with that leg and walk sideways. (3 steps, cross behind the leg.)

Star

[1] Move your right leg to the front, across your left leg. Move your right arm to the upper right. [2] Move your left leg on the right side of your other leg (cross in the front). Move your left arm to the upper left. [3] Move your right leg behind your left leg. (initial point, you don't have to cross) Move both arms to the lower right. [4] Move your left leg to the left side of your other. (initial point). Move both arms to the lower left. Comment: Your feet draw a square.

Set 3

1 2 3 4 5 6 7 8

Shower

1	G		T		G		T	
	G		T		G		T	

G = Get the water

T = Take a shower

Afro Pump

2	APr		API		APr		API	
	APr		API		APr		API	

AP = Afro Pump

Wheels

3	Wr			x	WI			x
	Wr			x	WI			x

W = Wheels

Seeds and Sun

4	Se	Se	Se	Se	Su	Su	Su	Su
	Se	Se	Se	Se	Su	Su	Su	Su

Se = Seeds

Su = Sun

Shower (Get the water, take a shower)

Do a long step with your right leg to the front. Move your body down. Take bucket of water. Straighten yourself again and have a shower. (together 4 beats)

Afro Pump

Move one foot up and down (pump). Move your hands beside your knees.

Wheels

Move both arms in circles to a side. (Hold your hands down first and move them to the side.) [4] Move your hands fitfully to your to your chest. (x)

Set 4

1 2 3 4 5 6 7 8

Lead Pipe

1	L				L			
	L				L		Go	

L = Lead Pipe

Puke

2	P				P			
	P				P			

P = Puke

Shower

3	G		T		G		T	
	G		T		G		T	

G = Get the water

T = Take a shower

Swords

4	SWI			SWr			SWI	
		SWr			SWI			x

SW = Swords

Seeds

Cross with your right foot to the left. Step from one foot to the other. (Each beat two steps) Move your hands down and shake them. (you're sowing seeds)

Sun

Cross with your left foot to the right. Step from one foot to the other. Move your hands to the top and shake them. (you're adoring the sun)

Lead Pipe

Hold your left arm to the front, the right to the back, palms up. (as if you are carrying a big pipe). Move your right foot to the front and swing the pipe. Go back to your initial position. (4 beats). At "Go" you throw the pipe away and twist around. Comment: After the move you stand a bit ahead of your initial position.

Puke

Hold your hand as if you'd catch a big ball in front of your face. [1] Jump with your right leg to the front. Twist your hands 360° to the front. (You end with your palms up, as if you'd carry a pile of paper). Move your body down. [2] Step back onto you left leg. Your hands to the same move as at beat 1 but reverse. (You end this movement at beat 3.) [3] Jump with your right leg back. Your body seems to fall back. [4] Step to the front onto your left leg again.

Swords

[1] Move one leg in front of the other leg. Move the corresponding arm down (it's a sword). The other arm is bowed. [2] Step on the other leg. Bow the stretched out arm. Stechout the other down. [3] Step on the other leg. (your now back on the initial position.) Bow the stretchout arm. Stechout the other. [4] Here another swords-move starts, or in case of "x" you just step on the other leg. Comment: 16 beats are good for this move.