

Dance Sequences

r = to right side

l = to left side

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

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.

Set 2

Push to the sides

Star

Jump + Aeroplane

Queen

	1	2	3	4	5	6	7	8
1	Sr		Sr		Sl		Sl	
	Pr		Pr		Pl		Pl	
2	St				St			
	St				St			
3	J Ar				J Al			
	J Ar				J Al			
4	Qr				Ql			
	Qr				Ql			

S = Step

P = Push

St = Star

J = Jump

A = Aeroplane

Q = Queen

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.

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.

Jump

Jump with both feet.

Aeroplane

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

Set 3

	1	2	3	4	5	6	7	8
1 Shower	G		T		G		T	
	G		T		G		T	
2 Afro Pump	APr		API		APr		API	
	APr		API		APr		API	
3 Wheels	Wr			x	WI			x
	Wr			x	WI			x
4 Seeds and Sun	Se	Se	Se	Se	Su	Su	Su	Su
	Se	Se	Se	Se	Su	Su	Su	Su

G = Get the water
 T = Take a shower
 AP = Afro Pump

W = Wheels

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)

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)

Set 4

Lead Pipe

Puke

Shower

Swords

	1	2	3	4	5	6	7	8
1	L				L			
	L				L		Go	
2	P				P			
	P				P			
3	G		T		G		T	
	G		T		G		T	
4	SWI			SWr			SWI	
		SWr			SWI			x

L = Lead Pipe

P = Puke

G = Get the water

T = Take a shower

SW = Swords

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 your 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.

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)

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. Stretch out the other down. [3] Step on the other leg. (you now back on the initial position.) Bow the stretch out arm. Stretch out the other. [4] Here another sword-move starts, or in case of "x" you just step on the other leg. Comment: 16 beats are good for this move.

Set 5

	1	2	3	4	5	6	7	8
1	Sn		Sn		Sn		J	
	Hi	Hi	Hi	Hi J	Hi	Hi	Hi	Hi J
2	Sn		Sn		Sn		J	
	Hi	Hi	Hi	Hi J	Hi	Hi	Hi	Hi J
3	S	S	Ki	S	S	S	Ki	S
	S	S	Ki	S	S	S	Ki	S
4	Ti		Ti		Ti		Ti	
	Ti		Ti		Ti		Ti	
5	Wir				Wil			

Snowboots & Hips

Step & Kick

Tiger

Winding Plants

Sn = Snowboot

H = Hips

J = Jump

S = Step

K = Kick

Ti = Tiger

Wi = Winding Plants

Snowboots + Hips

3 Steps forward as if stumping through deep snow (half pase).

Jump right on 4th step. Shake hips back and forth for 4 beats, jump left, shake hips for 4 beats, jump left, shake hips for 4 beats, jump+turn 180° around.

3 snow steps backwards, jump, hips, jump, hips, jump on last beat and turn 180° around to face front again.

Step Kick

4 steps forward, kick forward on the 3rd step, then 4 steps backward kick backward on the 7th step. Repeat.

Tiger (with claws)

Jump forward. arms are stretched out front. hands form tiger claws and scratch. Jump to the right with claws, turn and jump back with claws, jump to the left with claws (should have jumped once around you to all 4 sides with claws). repeat once

Winding Plants

Start with elegantly crossing your arms in front of your right hip. Then wind your arms up like climbing plants, forming waves within 4 beats. When you reach the top open hands to a bowl. While you are doing that, take 2 steps forward and 2 steps backward. Then repeat winding up on the left side. Once again right side and left side.