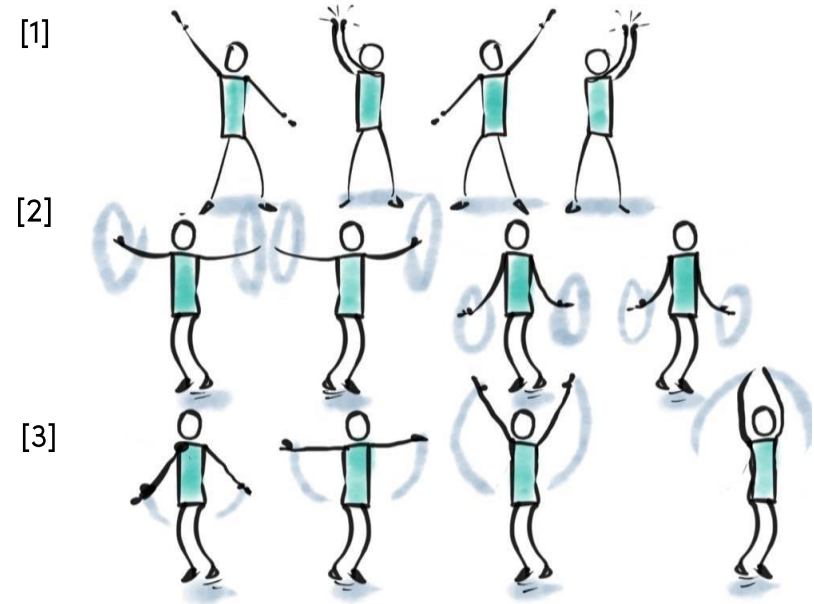


how to play:

- This next section covers (0.45 - 1.28) of the track.
- There will be an instrumental (no lyrics) for this next section of the dance.
- [1] (a) Place your arms in a diagonal line right arm up facing the ceiling and left arm down pointing towards the floor.
- (b) Walk to the right for 4 beats, on the fourth beat, clap.
- Swap arm positions and do the same to the left.
- Repeat the (a) & (b) above steps 3 times.
- [2] Next (when the lyrics come back in) perform little jumps on the spot whilst waving both arms in the air (8 count).
- Then perform the same waving action, with both arms, but with arms at a low level (8 count).
- Repeat both sets of waves.
- [3] Now make a big circle with your arms, slowly moving from your waist to above your head (like a sunrise) this should be quite slow, whilst still bouncing on the spot, for a count of 8 beats.
- Perform the same movements but moving your hands back towards your waist for 8 beats.
- Repeat the sunrise movement again, but this time when bringing your arms back down cut this short (to a count of 4) ready for the chorus to begin.
- Practise without the music, keeping the count of 8 before adding the music.
- Practise putting all sections from day one and day two together.



how to set up:

- Create a safe space in your home by moving chairs and tables to the side.

equipment:

- Speaker / device to play music.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

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