



Dance

Get moving and have some fun with these dance moves as well as learning how to make traditional folk music with everyday objects – spoons.

Body percussion

- 1 Stamp one foot and then the other, followed by a clap. Stamp-stamp-clap
- 2 Drop down into a pose with your arms crossed – give it lots of attitude!
- 3 Lift your arms and, while crossed, flip up the bottom half of your arms to hit the back of your hands together, and return to your pose
- 4 Shunt forwards – this means shifting both feet forwards without lifting your feet off the ground
- 5 Put it all together. 8 counts: stamp-stamp-clap-pose-arms up/hit back of hands-pose-shunt-rest

Heels and toes

- 1 **Cowboy step:** Dig your heel twice on one side then hop on the other leg and step your foot down. Then repeat on the other side
- 2 **Walk the plank:** Step forwards up onto one heel at a time and then back down again: up, up, down, down
- 3 **Criss Cross:** Jump and cross your legs in front of you. Then jump your feet out again
- 4 **Twist:** Twist to one side on your back heel and front toe
- 5 Put it all together!

Playing the spoons

You'll need 2 spoons the same size.

- 1 Hold one spoon upside down between your second and third finger
- 2 The other spoon rests face upwards on top of the first finger
- 3 The top spoon should be quite loose, while you hold the bottom spoon tightly
- 4 Hit the spoons against your thigh to make a beat
- 5 Then try putting your hand above your thigh and hit up and down between hand and thigh
- 6 Try to make the rhythm 'I want some ice cream' hitting the spoons onto leg, leg, hand, leg, leg



Watch the video to show you how on canalrivertrust.org.uk/news-and-views/features/folk-dance-remixed-with-alice-cade