

MEET AND GREET WARM-UP

This is a good socialising warm-up for a new group or class, and it prepares children for the conventions of traditional folk dance.

Ages

Any age from year 2 upwards.

Accompaniment

Select a lively piece of traditional folk music, such as a reel.

Formation

Spread out in the space.

Description

1. Walk on the spot in time with the music.
2. Take feet for a walk, keeping time with the music and visiting all the spaces in the room (i.e., changing direction and being independent).
3. As children pass each other, they should make eye contact and smile.
4. As children pass, they should wave to each other.
5. As children pass, they should shake hands with each other (left or right hands and with as many other children as possible).
6. They can't let go of a hand until they hold a new hand; try to get everyone connected.
7. Partner up with the nearest dancer and learn this phrase:
 - Wave right hand 8 counts, then wave left hand 8 counts;
 - shake right hand 8 counts, then shake left hand 8 counts;
 - put hands on each other's shoulders and turn one way for 8 counts and then turn the other way.
8. To make this more energetic as a warm-up make sure the waves are big and high; children could bounce or jump on the beat as they shake hands; they could skip or gallop as they turn.
9. Give partner a high five and walk in and out of the spaces independently but backwards (looking behind).
10. Meet a new partner and repeat the wave, shake, hug phrase; finish with a high five and travel off independently, stepping sideways this time
11. Repeat phrase with a new partner and travel off independently but skipping or galloping this time.
12. Meet up in 4s and wave to and shake hands with the person opposite; place hands round the shoulders of the children on either side to turn as a group.

This dance was developed from an idea by Veronica Lewis, formerly of Cheshire Dance.