

AFRICAN DANCE WARM-UP

This warm-up is developed in The Calabash Children unit to become a celebration dance. The phrases are demonstrated on the web resource.

Ages

All.

Accompaniment

Percussive African music with a steady beat.

Formation

Children stand in a circle with feet apart, knees slightly bent, upper body relaxed and hands on hips.

Description

1. Lean forwards slightly and move shoulders forward and back alternately (one moves forwards as the other moves back, 8 counts).
2. Shift the body upright and, keeping hands on hips, shift hips to one side and then the other, 8 counts.
3. Take hands and arms above the head and wave them both in the same direction to one side then the other (movement is from the elbows). Do this for 8 counts.
4. Reach with hands to one side of the knees then the other; keep knees bent and let them swing slightly away from the hands **or** (more challenging) place one hand flat on the hip and the other near the ear, but not touching; keep elbows bent and change hands to hip and ear with a sharp decisive action. Repeat percussively for 8 counts.
5. Repeat the previous phrases using 8 counts for each.
6. Stamp on the spot and clap in time with the music 8 times (take 16 counts).
7. Repeat all the phrases facing a partner to one side of the circle; use the clap and stamp phrase to move around each other and back to starting position.
8. Repeat all the phrases facing a partner on the other side.
9. Clap and stamp into a space away from the circle and repeat the phrases in an individual space.
10. Clap and stamp to meet a new partner or group of 3 or 4 to perform the phrases together.