

SWING WARM-UP

This warm-up introduces the elements of rock 'n' roll and swing dances such as the Jitterbug and Lindy hop.

Ages

Key stage 2.

Accompaniment

Use rock 'n' roll music with a steady beat or swing music.

Formation

Stand in a circle with space between each dancer. Knees should be slightly bent, feet slightly apart and upper body tipped forwards.

Description

1. Swing alternate arms forwards and backwards (allow knees to bounce) and click fingers on the beat.
2. Swing both arms to one side then the other side of the body and click; explore different levels. How low can you go?
3. Take fists to shoulders, then shoot hands towards ceiling, with arms and fingers fully stretched. Repeat the contraction and extension; develop to twist the upper body to each side as you shoot.
4. Kick one leg loosely in front of the body, then step on the spot and kick the other. Repeat several times; reach the opposite hand towards the kicking foot (or in front of the body, medium or high). Once the coordination is secure, add a hop to each step.
5. Repeat the swing, shoot and kick phrases, allowing 8 counts for each.
6. Step and click away from the circle into a space and perform the whole sequence in an individual space.
7. Step sideways and click to meet a partner and perform the swing, shoot and kick phrase facing each other; develop the kick step by turning on the spot.
8. Travel backwards, stepping and clicking, to meet a different partner and repeat the swing, shoot and kick phrase facing each other.