



Prima Dance 2 Sample Exercise

29. Bouncing Balls 6/8

1 bar = 6 counts

Start: Stand ft tog – HOW – Mrs Stretchy

Intro:

Bouncy jumps with feet together

Direction

Anti clockwise around the studio

Travelling anywhere in the studio

Jumping on the spot

Track 63

30. Forward Gallops 2/4

1 bar = 2 counts

Start: Stand side by side with partners – ft tog parallel

Open book eg turn out legs and ft to V shape

Hands held across body ie hold R hands tog – hold L hands tog

Intro: 2 bars

4 x forward gallops RF

4 x forward gallops LF

Repeat till end of music

Direction

US to DS

Anticlockwise circle around the studio

Track 64

31. Circus Ponies 6/8

Start: Partners

One child is the pony and wears the pony reins – HOW

One child is the pony rider who stands behind holding the reins

Both stand ft and legs parallel

Intro: 2 bars

Ponies – Gallop with bent knees (refer to Pippa the Pony P1)

Pony riders – small runs on balls of feet

Track 65

Direction

Anticlockwise around the studio

Ponies become pony riders

Pony riders become ponies and wear the reins

32. Dance to the Music

Listen to one of the pieces

Perform an improvised dance

Cinderella at the Ball 3/4

Track 66

Gypsy Dance 4/4

Track 67

Fairy Snowdrop 4/4

Track 68

Action song : Dancing Bear 4/4

Track 69

Song

Are you there Mr Bear

Call Mr bear

Are you there Mr Bear

Call Mr bear

You've been hiding all this time from me

Fold arms – look cross

I'll close my eyes and count to 10

Hands over eyes

You can hide somewhere again

Hands down – nod head

And I'll find you this time wait and see

One hand on hip – wag finger of one hand

So if you want to play this game with me

Both hands on hips lean fwd

I'll be waiting here and counting up to 10

Turn to face US – bend knees- hands cover eyes

Peep over R shoulder

Peep over L shoulder

Creep fwd very slowly –mime sssh !

Bend down to pick up blanket

Lift blanket up high to find Mr Bear