



Prima Dance 4 Sample Exercise

LAFOUR

PRIMA DANCE 4

Abbreviations

HOW	Hands on waist	CS	Centre stage
HOS	Hands on shoulders	SR	Stage Right
 fwd	forward	SL	Stage Left
 tog	together	USL	Upstage Left
 ft	feet	USR	Upstage Right
 pos	position	DSL	Downstage Left
 RL	Right leg	DSR	Downstage Right
 LL	Left leg	 R	Right
 US	Upstage	 L	Left
 DS	Downstage		

1. Warm up

Walking 2 speeds 6/8

Track 35

Skipping 2 speeds 2/2

Track 36

Galloping 2 speeds 12/8

Track 37

Direction

Anywhere in the studio

Non technical – free, fun enjoyable warm up

2. Stagecraft game

Mark out an area of the studio as the stage

If the children have worked through the Prima system they will already have knowledge of US DS CS (P2) & SR SL (P3)

Now add:

USR DSR USL DSL

Children walk to each direction to familiarise themselves with the new directions

Teacher shakes the tambourine & children run anywhere on the stage

Teacher hits the tambourine – children stop still