

Dance Routine 3 Move to The Groove (I Don't Wanna Know Punctual)



Use this dance card in conjunction with the online dance video for maximum benefit <https://vimeo.com/503667297/186a2069ed>

These cards provide a short description for each routine as well as tips on how to transition choreography from standing or seated for participants who have an amputation, are static seated or wheelchair/power chair users.

High energy super upbeat track that will definitely make you want to hit the dance floor. Exciting actions and groovy moves let's get going! The routine is designed to be repetitive and the choreography can be repeated throughout the whole track and is based on four movements. The routine can be completed standing or seated.

Movement 1 Bounce the ball

Start with your right-hand palm (residual limb) facing down in front of your right leg and push down as if bouncing a ball taking the action left to right across the body. Repeat on the other side. Slow the tempo if needed.

- Upper limb – If you are missing a hand use your residual limb or bounce along with your body and move your upper body.
- Lower limb – No adaptations required.
- Wheelchair user – Complete the movement if you can, alternatively use your foot rather than your arm/hand or move your chest out then in to the beat.

Repeat twice.

Movement 2 Upward Stretch

Reach the left arm up in two counts with an open hand, repeat with the right arm. Bring the right arm down first to you side followed by the left arm. The same action can be performed with the shoulders alternately going up and down.

- Upper limb – Reach high with hand or residual limb or alternatively use your shoulders or flex your hands or feet.
- Lower limb – No adaptation required.
- Wheelchair user – Complete the movement using your hands or alternatively you can flex and stretch your feet instead.

Perform twice.



Dance Routine 3 Move to The Groove (I Don't Wanna Know Punctual)



Use this dance card in conjunction with the online dance video for maximum benefit <https://vimeo.com/503667297/186a2069ed>

High energy super upbeat track that will definitely make you want to hit the dance floor. Exciting actions and groovy moves let's get going! The routine is designed to be repetitive and the choreography can be repeated throughout the whole track and is based on four movements. The routine can be completed standing or seated.



Movement 3 The Flick

Start with your left hand on the right shoulder and flick off (an imaginary piece of fluff) in two counts and repeat on the other side for a total of 8 flicks.

- Upper limb – Use your hand or residual limb to perform the flick-off movement, alternate shaking your shoulders to the same tempo. This action can also be performed using the shoulders and rib cage moving side-to-side with no hand (arm) action.
- Lower limb – No adaptations required.
- Wheelchair user - This action can also be performed using the shoulders and rib cage moving side-to-side with no hand (arm) action.

A total of eight flicks.

Movement 4 The Push

Step to the left side bending the knee, while bringing both arms up to shoulder height elbows bent by the side of the body palm/palms facing down (2 counts to come up).

Push hands or arms back to lower them and straighten the arms, wrists flexed (if you can) use 2 counts for the downwards movement. Repeated 4 times in total.

- Upper limb – Complete the movement with one hand and your residual limb if you can, alternatively perform a shoulder push (move your shoulder forward as through pushed from behind) or swivel your upper body.
- Lower limb – If you cannot bend your knees you can just step to the side or you could perform the movement seated.
- Wheelchair user – Perform the arm movements without the movement to the side.

Performed 4 times in total.

