

# Dance Routine 4 Dreams (Stop Crying Your Heart Out BBC Children In Need).



Use this dance card in conjunction with the online dance video for maximum benefit <https://vimeo.com/504376159/1591cd5c31>

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

This routine will explore a more lyrical quality. Lyrical dance provides the opportunity to express and explore your creative side. Although the tempo is much slower, the routine can still provide you with that feel good buzz. 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 done standing and seated.

## Movement 1 Let's Fly

Start with both hands (arms) by your side. Take both or one arm out to the side and upwards to make a high V shape, in 4 counts. Bring arms back down in 4 counts. Repeat this action twice in total.

- Upper limb – Reach up with one hand and one residual limb, alternatively stretch upwards with the whole upper body.
- Lower limb – No adaptations.
- Wheelchair user – Use your arms to complete this movement, alternatively use the upper body to do this movement taking the body through an upward stretch then relax the body down.

## Movement 2 The Ripple

Eight sways side to side. Take both or one arm across the body and out to the right (if you can) and then repeat the movement to the left as if shimmering through the water.

Do this for 2 counts each side, for a total of 8 times. You can keep the wrists flexible and move the hands/arms. You can also move your feet from side-to-side.

- Upper limb – transfer your weight through your feet from side to side, performing the upper body movements with one or both arms.
- Lower limb – transfer weight from side to side to add progression for limb users. If you can bend the knees for a more fluid movement try this.
- Wheelchair user – You can use your upper body and arms to sway side-to-side or take an 8th of a turn right to left in your wheelchair.



# Dance Routine 4 Dreams (Stop Crying Your Heart Out BBC Children In Need).



Use this dance card in conjunction with the online dance video for maximum benefit <https://vimeo.com/504376159/1591cd5c31>

This routine will explore a more lyrical quality. Lyrical dance provides the opportunity to express and explore your creative side. Although the tempo is much slower, the routine can still provide you with that feel good buzz. 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 done standing and seated.



## Movement 3 Fireworks (outward circle)

Single arm outward circles going from front to back. Take the left arm in an outward circle from front to back taking 4 counts repeat with the right arm. Perform the sequence twice.

- Upper limb – Use your arms to complete the outward circles of you don't have a hand/s, or rotate the shoulder, or any circular movement with wrists, ankles upper body.
- Lower limb – No adaptations required - you could introduce a pivot to the diagonal plane to add to the moves.
- Wheelchair user – This can be performed seated or alternatively rotate the shoulders or use circular wrist and ankle movements.

Perform four in total.

## Movement 4 Hideaway

Start with the arms outstretched at shoulder height and with legs hip width apart. Bring the arms in to the side of the face with the fingers splayed, bend the knees and curve the back into a ball. To recover bring the arms out to the side (wide) with fingers splayed. Straighten the back, the head and the knees.

- Upper limb – Use both arms/ or one arm or curl the shoulder and lower the head, alternatively lower your upper body and return or move the head to right and left.
- Lower limb – no adaptation required. Be careful when bending the knees and the back (be aware the prosthesis may give way).
- Wheelchair user – Perform the movement using the arms and curving the back. Alternatively bring one or both arms in using a scooping action, parallel in front of the face with upper body curved/bent in (contraction).

Perform twice.

