

Dance Routine 2 Good Vibes (Dance Monkey Tone and I)

Use this dance card in conjunction with the online dance video for maximum benefit <https://vimeo.com/503667304/de5bafbd12>

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.

Feel good vibes with this very popular tune, the ultimate party dance with lots of fun actions. 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.

Perform four times.

Movement 1 Circular Movement

Take an outward circle with both arms for 8 counts in total. Start with your arms out to your side (45 degrees) in line with the body. Bring the arms across the body at the bottom of the circle and the arms cross again at the top of the circle.

This can also be performed in a slower tempo with one circular movement, 16 counts in total.

- Upper limb – You can perform the circular movement with one arm, reach as high as you can. You can perform any circular movement of body or arms, ankles etc.
- Lower limb – No adaptation required.
- Wheelchair user – You can achieve this in a wheelchair (just be careful not to knock your hands on the wheels). Alternatively move your upper body round in a circular movement.

Perform twice.

Movement 2 Twinkle

Start with your hands by your sides. Lift both arms up in front of you twinkling your fingers in an upward stretch for 4 counts. Reach as high as you can keeping the arms parallel. Lower both arms continuing the twinkle back down to starting position.

This can be performed at half tempo (8 counts up and 8 counts down). Using either arm or both arms at the same time or head tilt. This can also be performed with the shoulders raising up and down.

- Upper limb – This can be performed using one arm, or following movement with the residual limb imagining the twinkle movement. Alternatively you can use your shoulders rather than your arms or use one arm or shoulders to ripple.
- Lower limb – No adaptation required.
- Wheelchair user – Can raise arms or lower and raise your body starting with chin to chest and reversing the movement (like a ripple effect)

Perform twice.



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Movement 3 The DJ

Cup your ear with your left hand. Raise your right hand to chest height and use your left hand to spin the imaginary record. One spin per two counts a total of four times then repeat on the other side and bounce as you complete the movement.

- Upper limb- hold your hand or residual limb up to your ear. Use your hand or residual limb to perform the record action.
- Lower limb – No adaptation required.
- Wheelchair user – Complete the action with your hand/s or alternatively use foot to complete an outward circle from the ankle to either tempo.

Movement 4 Isolation

Leaning to the side. This is a strong action led by the rib cage moving sideways. Slide the body and the arm to the right (like a typewriter) with the hand making a thumbs up (in 2 counts). Repeat the movement with the left side.

This can be performed at half tempo (4 counts per action). The Sideways movement can be performed in multiple ways, you can use your head to tilt right and left but this is only advised to a slower tempo and for participants who have a strong upper body.

- Upper limb – You can perform the movement with your hand or residual limb. Alternatively you can lead with your shoulders, or complete a rib isolation with no arm movement.
- Lower limb – No adaptation required.
- Wheelchair user – Perform the movement using your arms or alternatively complete sideways bends without moving the hands and arms.

Tempo

Tempo is the beat or rhythm, so you could say two moves per beat if doubling up on the tempo, half speed on the tempo means doubling the tempo so you would clap per two beats.