

Dance Routine 1 Bop To The Beat (Head & Heart (feat.MNEK) Joel Corry)



Use this dance card in conjunction with the online dance video for maximum benefit <https://vimeo.com/503488482/2b011d25ba>

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.

A lively energetic track perfect for energising the body and mind. 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 Marching

Marching (like a soldier) is walking but with more bend in the knee as you lift the leg.

16 marches, a total of 16 counts to the music or as per the video you can perform the movement at half speed the tempo to give a total of 8 marches.

One march per every two counts.

- Upper limb – use your residual limb if you are missing your hands or alternatively use your shoulders instead.
- Lower limb – try marching with your prosthesis, or you can complete the movement seated.
- Wheelchair User – you can march with your feet only, just your arms or both arms and feet. Adapt to suit your impairment.

Perform twice.

Movement 2 Clapping in a circle

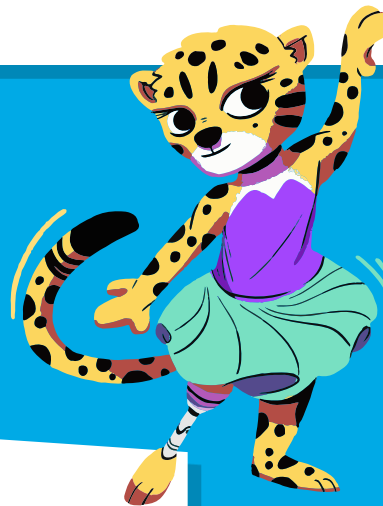
Forward facing, clap your hands or residual limbs together in a circle (starting in to top right hand corner) reach as high up as you comfortably can, reaching up to your right and then your left side, repeat left low and then finally right low to complete circular movement.

You can half speed the tempo so that you clap every four counts (instead of eight counts) giving you a total of four claps.

Reach up as high as you comfortably can, stretch over to the right hand corner and clap your hands or residual limbs together. Stretch over to the left hand corner and clap. Take your hands or residual limbs down to the left side of your body and stretch to the left hand corner, clap. Then over to the right bottom corner.

- Upper limb – Reach as high and as low as you can with both your limbs (sound limb and residual limb), or circle movement of upper body.
- Lower limb – No adaptation required.
- Wheelchair User – No adaptation required for lower limb wheelchair users.

Perform twice.



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Movement 3 Sideways movement and shake

1. Step out to the left with the left foot and then move the right foot to join the left foot.
2. Take four bounces with shakes, bending the knees and shake both hands (residual limbs) four time.
3. Repeat the movement to the right.

- Upper limb:
 - Sideways movement – no adaptation required.
 - Shake – your hands (residual limbs if you don't have a hand/s). Move your limb in and out. At chest level from the chest to the side.
 - Bounce – no adaptation required.
- Lower limb:
 - Sideways movement – If wearing a prosthesis be careful with sideways movements.
 - Shake – no adaptation required.
 - Bounce – bounce up and down bending the knees. Above the knee amputees will need to unlock the knee joint (DO NOT DO THIS IF YOU ARE UNSTEADY ON YOUR PROSTHESIS). With microprocessor knees, push forward with your residual limb to achieve the bounce.
- Wheelchair User:
 - Sideways movement – in a wheelchair is a swivel. Swivel to the right and then repeat to the left. Swivel the chair or your body.
 - Shake – no adaptations required.
 - Bounce adaptations (is not an option) instead use your legs or arms or bend forward then back, repeat.

Movement 4 Good times

Create a thumbs up sign with your hands. Stretch your left arm forward in front of you with your thumbs up sign. Stretch your right arm forward in front of you with your thumbs up sign. Keeping the thumbs up sign, bring the left hand down to your left hip. Then the same for the right side.

Perform twice.

Repeat the whole routine.

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.

