

Musical Mimicry

All of these can be done seated, standing only where able to and balance good.

ARMS / HAND

1. JAZZ HANDS – hold both hand up, palms facing outwards and shake hands side to side
2. SATURDAY NIGHT FEVER – take your right hand reach up to the ceiling and bring down to your left side – repeat a few times
3. YMCA – arms in the air, spell out YMCA
4. MASHED POTATO – make both hands into fists and then bang the top of your hand in turn
5. SWAY - arms in the air and sway side to side (good with a slow song)
6. SWAY 2 – keep arms low and sway side to side
7. SNAKE EYES - with your index and middle finger only take your right hand and bring across your face from Left to Right, repeat with your left hand and go Right to Left
8. MEXICAN WAVE – put you hands in your lap and lift arms up to the ceiling (or as far as you can) and back down again
9. SCISSORS or CROCODILE – stretch out your arms, place your palms together then open and close like a pair of scissors or a crocodile
10. BALLERINA – take each arm in turn reach up and over your head to your left side, leaning slightly

LEGS / HIPS

1. WALTZ - put your right foot forward, then your left forward, about 12 inches apart and bring your right foot across to join your left foot, repeat then do the opposite way round
2. BELLY DANCE – knees bent slightly, move your hips side to side in a circular motion
3. CAN CAN – (maybe best seated this one) kick each leg up in turn straight out
4. TAP - tap your feet forward in turn on the floor, using the balls of your feet only
5. JIVE – take your left foot behind your right, bring back to the front and then step side to side – repeat with the right foot