

Aboriginal

Visual: Australian desert, gum trees, billabong, corroboree

WINGS	bent knees lifting elbows to start
EMU	elbows coming in, lifting knee to chest
ARMS	swinging each arm to the back, one by one like backstroke
CORROBOREE	straight arms in side crocodile snapping effect
BUSHFIRE	spikey opening of the upper chest, elbow and arm opening with a retraction of the in / out

Shorthand

Set one

Wings 8x on the spot, then 8x stepping side to side

Emu 8x just elbows in and out, 4x lifting the knee each side, 8x hopping it side to side

Arms 8x on the spot, 8x stepping side to side

Corroboree 4x travelling forward and 4x back, 4x circles (alternating to each side)

Bushfire 4x pointing down, 2x to the side, 2x up...and then repeat.

Breakstep Lizard: 2x roll down and forward into a plank

Set two (most half the amount of set one)

Wings 4x on the spot, 4x stepping side to side

Emu 4x lifting the knee each side, 4x hopping it side to side

Arms 4x on the spot, 4x stepping side to side

Corroboree 4x travelling forward and 4x back, 2x circles (alternating to each side)

Bushfire 4x pointing down, 2x to the side, 2x up...and then repeat.

Finish with a sunrise

Tips

The whole dance is designed to open the chest, work the back with smooth control.

Knees have to be nice and soft and the body should be nicely pitched over

Emu : The knee contraction comes as high to the chest as possible

In corroboree, the arms have to be really straight and strong.

All steps and hopping should be very soft and cushioned on the landing

