

BALINESE

Hands Fanning 4x fanning, 4 x really stretch and reach, arms and fingers

Full Circle and stretch 2 x circle of arm, 4 x stretch arms and fingers

King of Bali Turn in Turn out step, needs good balance

Queen of Bali 4 x leg lifts, squeeze both arm and leg

Star of Bali 2 x full arc of high leg, 2 steps and change

Tilt of head side to side x 4, then reach down to feet

Hands Fanning x 4 sets

Full circle and Stretch x 4

King of Bali x 4 sets

Queen of Bali x 2 sets

Star of Bali x 4 sets

King, Queen and Star of Bali x 4 sets
(2 x King, 1 x Queen, 1 x star, then other side)

Hands fanning x 2 sets

Finish with tilts of head