

Long French Can-Can

Visual: Moulin rouge, bloomers, high energy

FANNING SKIRT AND	Fan arms over in a half circle
BOTTOMS UP	Flick skirt up to reveal bum
KNEE KICKS	Knee up to chest, kick front....repeat with the other leg (then hop it)
'CANCAN RUNS'	4 forward kicking the heel up at the back and 4 back (also on the spot)
PIQUÉ KICK	3 piques with a straight leg, then kick. Repeat on the same side but clap. Then repeat on other leg.

Shorthand

Intro	lift up skirt for 16 counts
CanCan runs	x8 kicking to back, on the spot, 8x kicking to front on the spot Repeat.
Set one.	
Pick up skirt	lift up skirt for 2 x 8 counts
Fanning	x4 on the spot, 4x stepping 1,2,3 hold each side.
Bottoms up	x4 flip up skirt each side
Knee Kicks	x4 no jump, 4x with hops (keep changing legs)
CanCan runs	x4 forward on diagonal , 4x kicking to the front, traveling back Repeat to the other diagonal Repeat all again
Pick up skirt from the floor	8 counts
Pique kicks	half speed, one set on each side

Set two

Bottoms up	x4
Knee kicks	x8 hopping
CanCan runs	x4
Pick up skirt	
Pique kicks	x6 2 sets slow, 4 sets fast
Finish with picking up skirt and pose.	

Tips

When using arms and lifting skirt, use the waist to bend right over each side.

It is also a good opportunity to stretch the hamstring every time you pick up your imaginary skirt.

Remember you don't have to hop anything and the legs don't have to be high, just get the knee to the chest. Also remember you don't have to travel the cancan runs at first, best to them on the spot.