

SEVEN JUMPS

(Denmark)

This is an old dance that has been done for many years. The original source is unknown.

RECORD: RCA Victor 45-6172; LP "Perceptual Motor Rhythm Games" AR50; also several good 45s are available.

FORMATION: Children form a circle - no partners

Meter: Chorus is 2/4 PATTERN

Meas. Ct.

INTRODUCTION - will vary with the record

CHORUS: SKIP

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|------|------|---|
| 1 | 1 | Moving clockwise, step on the left foot |
| | 2 | Hop on left foot |
| 2 | 1 | Step on the right foot |
| | 2 | Hop on the right foot |
| 3-8 | 1-12 | Six more skip steps (8 totally) |
| 9-16 | 1-16 | Skip eight times clockwise or right. Note: Small children may not be able to start on the correct foot each time. Learning to skip is more important than exact footwork. |

PATTERN I: RIGHT KNEE UP

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| * | * | Put the hands on the hips. On the long note, raise the right knee. On the chord, lower the knee. On the drum roll, stand still and join hands in a circle. |
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1-16 CHORUS

PATTERN II: LEFT KNEE UP

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| * | * | Repeat Pattern I. On second long note, raise left knee. Finish as you did in Pattern I. |
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1-16 CHORUS:

PATTERN III: KNEEL RIGHT

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| * | * | Repeat Patterns I and II. On the third long note, kneel down on the right knee. On the chord, stand up and join hands during the drum roll. |
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1-16 CHORUS:

PATTERN IV: KNEEL LEFT

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| * | * | Repeat Patterns I, II, III. On the fourth long note kneel on the left knee (both knees will be down). Again stand during the chord and join hands during the drum roll. |
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1-16 CHORUS:

Continued...