

Dance around my world

Dance and movement

10 minutes

You will need:

Argentinian music,
in a 4-beat rhythm
(Santa Maria (del Buen Ayre)
by Gotan Project works well)

An audio device

Dementia-friendly



Fun
Inclusive
Upbeat

This fun movement activity takes inspiration from Argentinian tango to create a sequence of movements, which is inclusive and uplifting.

To prepare:

If your group will need to sit down, set out a circle of chairs. A hard back dining chair with no arms is preferable, but the activity is also possible in an upright armchair.

To begin:

Encourage everybody to sit tall in their chair, with shoulders relaxed, back straight and feet and knees hip width apart, toes and head pointing forwards. If standing, invite the group to stand tall with feet hip width apart, toes pointing forwards. Their knees should be soft and not locked.

Then:

Without music, first explore how your hand can brush up and down one arm (either left or right). Repeat on the other arm and then do the same on both arms with the opposite hand at the same time. You can explore this further by brushing your hands along the thighs and then extending them out in front of you. Once you have tried this as a group, you can add music and try it again.

You could also move the arms up and down crossing your hands back and forward in front of each other as they move – try this in time with the music and repeat.

Next:

Try adding some foot moves to your dance. It may be easier to start without music so you can learn the steps slowly.

For a tango:

Start with your right foot. On counts 1, 2, 3, 4, move your foot forward, back, forward, back. Repeat on the other side.

Then place one foot in front of the other and hold for 4 counts, 1-2-3-4, and repeat on the other side. This is great for balance.

Brush the floor with a foot and take it in front in a circle over 4 beats. If seated, you can also raise the foot (toes pointing up towards ceiling) and leg just below knee height, and hold for 3 counts and then lower again for one count. Repeat on the other side.

To finish:

Finish slowly by swaying the arms from side to side. If standing, you can also sway with the feet slightly turned out for more support. If seated, pedal the feet, pushing toe to heel, or try gentle walking.

Credit:

EDNA | Energise Dance
Nourish Art / Luci Napleton.
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with the Forget-Me-Not Café.

