

SPECIAL DANCING ON YOUR FEET OR IN YOUR SEAT

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ABBREVIATIONS & DEFINITIONS

The activities suggested are designed to stimulate participants of all ages who have physical limitations or developmental deficiencies

<i>BKWD</i>	<i>Backward</i>	<i>N.R.</i>	<i>Non-restricted</i>
<i>CCW</i>	<i>Counterclockwise</i>	<i>P.D.</i>	<i>Partially disabled</i>
<i>CW</i>	<i>Downward</i>	<i>R</i>	<i>Right</i>
<i>FWD</i>	<i>Forward</i>	<i>RF</i>	<i>Right foot</i>
<i>GRAPEVINE STEP</i>	<i>Step to side, cross in front, step to side, cross in back</i>	<i>RH</i>	<i>Right hand</i>
<i>L</i>	<i>Left</i>	<i>S.H.</i>	<i>Severely handicapped</i>
<i>LF</i>	<i>Left foot</i>	<i>SWD</i>	<i>Sideward</i>
<i>LH</i>	<i>Left hand</i>	<i>TWD</i>	<i>Toward</i>
<i>MEAS</i>	<i>Measure</i>	<i>UPWD</i>	<i>Upward</i>
<i>M.L.</i>	<i>Minimally limited</i>	<i>X</i>	<i>Times</i>

1 - YMCA

Activity A:

Adapted Dance Pattern - On Your Feet

The dancer begins by facing the back of the room. Each time he/she arrives facing the front of the room during the dance sequences there is a musical interlude when 4 slow gestures can be done, such as:

YMCA or YWHA

(3 measures intro.)

Measures

- 1 Point RF fwd & replace, point LF fwd & replace.
- 2 Point RF swd & replace, point LF swd & replace.
- 3 Step side RF, close LF to RF, step side RF, touch LF beside RF.
- 4 Step side LF, close RF to LF, step side LF, touch RF beside LF.
- 5 Walk 3 steps bkwd R, L, R & touch L toe behind RF.
- 6 Walk 3 steps fwd L, R, L & close RF beside LF.
- 7 Slowly swivel both knees & feet together to R, then to L.
- 8 Step R side, cross LF in back of RF, step R & pivot 1/4 turn R, close LF beside RF.

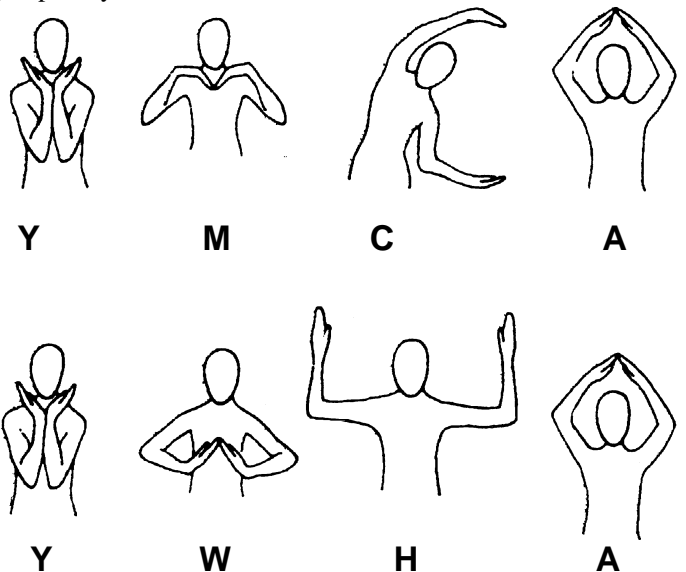
Repeat dance to finish facing front and do "YMCA" or "YWHA" gestures, one for each count of the interlude. Then repeat dance 4x to finish facing front and do gestures representing letters to musical interlude again.

APPROPRIATE FOR:

N.R., M.L.

ACHIEVEMENTS:

Performance accomplishment, improved body image, group unity



Activity B:

Adapted Dance Pattern - In Your Seat

This dance can be created by group members from four separate movements suggested by the members for each four measure phrase. Examples of motions that can be incorporated into the sequence are:

Measures

- 1 Extend both arms fwd & lift R leg; flex arms to chest & return leg to place.
- 2 Extend both arms fwd & lift L leg; flex arms to chest & return leg to place.
- 3 & 4 Repeat meas 1 & 2.
- 5 With arms relaxed at sides, alternately raise & lower shoulders R, L, R, L.
- 6 Slowly bring both shoulders fwd & bkwd & repeat.
- 7 Repeat meas 5.
- 8 Repeat meas 6.
- 9 Lean torso fwd while slapping hands on knees, then sit tall and clap hands in front of chest.
- 10 Repeat meas 9.
- 11 Twist torso to R, look over R shoulder while snapping fingers near R shoulder.
- 12 Repeat meas 11.
- 13 Extend L leg to side by sliding LF along floor while extending R arm upwd to form a diagonal line.
- 14 Repeat meas 13 with R leg and L arm.
- 15 Extend both legs swd by sliding feet along floor; at same time extend both arms wide overhead.
- 16 Slowly lower arms & bring legs back to place. Make letter shapes with arms as described in "On Your Feet" version.

Repeat dance twice and then do hand letter gestures again.

APPROPRIATE FOR:

S.H., P.D., M.L.

ACHIEVEMENTS:

Improve body image, increased mobility, cooperative interaction, creative expression.

2 - SEVEN JUMPS

Activity A:

Dance Game - In Your Seat or On Your Feet

Ambulatory groups may walk around room on chorus and on stanzas; do gestures described for sitting groups.

Sitting Version — Chorus: During the 16 measure chorus each person claps hands in varying positions —

1. In front of chest
2. Tap knees
3. Above head
4. In back of waist
5. To right side
6. To left side

7. Tap hips

8. Alternate RH then LH on top —for each repetition.

Stanzas:

First Chord - Raise R knee and lower.

Second Chord - Raise L knee and lower.

Third Chord - Raise RH and lower.

Fourth Chord - Raise LH and lower.

Fifth Chord - Raise shoulders toward ears and lower.

Sixth Chord - Lift head toward ceiling and lower.

Seventh Chord - Place RH on L shoulder.

Eighth Chord - Place LH on R shoulder.

After last stanza, extend both arms upwd for the final music chord.

APPROPRIATE FOR:

S.H., P.D., M.L.

ACHIEVEMENTS:

Sequencing, coordination, body awareness, musical phrasing

Activity B:

Instrumental Partner Reel - On Your Feet

Each partner may have the matching half of a pair of cymbals or rhythm sticks or cardboard wands. or this dance activity can be performed by just clapping partner's hands.

Formation - Two close parallel lines of partners facing each other like the "Virginia Reel."

Chorus:

16 measures, 2 beats per measure (repeated 8 times).

1. Walk bkwd away from partner for 8 meas.
Walk fwd twd partner, 8 meas.
2. Turn and walk with partner in double line twd front of hall.
Turn and walk with partner back to place.
3. Turn and walk with partner in double line twd back of hall.
Turn and walk with partner back to place.
4. Walk fwd passing R shoulder of partner. Turn and walk back to place passing L shoulders.
5. Both lines face front of hall, R line walks CW and L line walks CCW around and back to place (like casting-off figure in "Virginia Reel").
6. Repeat #3.
7. Repeat #2.
8. Repeat #1.

Stanzas:

An increasing number of chords are played after each chorus. For each chord, partners touch instruments or hands together in everchanging positions. for example, high, low, side. across. between legs, back to back, etc. .

APPROPRIATE FOR:

M.L., N.R.

ACHIEVEMENTS:

Socialization, rhythmic response. spatial orientation

3 - SAKURA

Activity A:

Oriental Work Dance - On Your Feet (or arm and torso gestures may be done in your seat).

Pantomime may be done with or without a fan.

Measures

- 1 Hold fan in both hands or fists in front of chest, miming a hoeing motion. (Raise R leg with bent knee and tap RF strongly on ground, then step on RF.)
- 2 Raise L leg with knee bent and tap LF strongly on ground, then step on LF.
- 3 & 4 Repeat measures 1 & 2.
- 5 Hold fan in RH. Lunge swd with RF and shake fan in large arc as if scattering seeds from L to R
- 6 Return RF next to LF while retracing same arc with fan, scattering seeds from R to L.
- 7 & 8 Hold fan in LH. Repeat meas 5 & 6 on L side.
- 9 With fan in LH, lunge fwd on RF while scooping down with fan as if harvesting a crop. Bring LF next to RF while putting fan into circle made with R arm, as if depositing grain in a sack.
- 10 Repeat meas 9.
- 11 & 12 Repeat meas 9 & 10 lunging onto LF, with fan in RH.
- 13 Hold fan in RH. Bend fwd from waist while extending R arm and fan down, then return to upright position with fan in front of face.
- 14 Extend R arm and fan overhead, then bring fan in front of face.
- 15 & 16 Repeat meas 13 & 14.

APPROPRIATE FOR:

N.R., M.L. (on your feet); P.D., S.H. (in your seat)

ACHIEVEMENTS:

Coordination, performance, accomplishment, ethnic experience, sequencing, mimetic expression.

Activity B:

Oriental Exercise Patterns – The music is suitable for slow, smooth, strong movements from Kung Fu, T'ai Chi and Karate or gentle, precise motions from Hindu and Ceylonese dance. Lunges, chopping, balancing, swinging and twisting combinations with changes of level from standing to low bending positions can be done. Also imitating the movements of animals such as herons, storks, elephants, tigers, eagles, peacocks, etc., can fit well with the oriental mood of this accompaniment.

APPROPRIATE FOR:

N.R., M.L.

ACHIEVEMENTS:

Creative expression, group interaction, flexibility

4 - LINDA MUJER

Activity A:

Rumba Line Dance - On Your Feet

Measures

- 1 Step swd LF, close RF, step fwd LF, hold.
- 2 Step swd RF, close LF, step bkwd RF, hold (rumba boxstep).
- 3 & 4 Repeat meas 1 & 2.
- 5 Step swd LF, hold, tap RF next to LF, hold.
- 6 Step swd RF, hold, tap LF next to RF, hold.
- 7 & 8 Repeat meas 5 & 6.
- 9 Slow step fwd LF, slow step fwd RF.
- 10 Cross LF over RF, step bkwd RF, close, LF next to RF, hold.
- 11 Slow step fwd RF, slow step fwd LF.
- 12 Cross RF over LF, step bkwd LF close, RF next to LF, hold.
- 13 Step swd LF, hold, tap RF next to LF, hold.
- 14 Step swd RF, hold, tap LF next to RF, hold.
- 15 & 16 Make 1/4 turn L while repeating meas 13 & 14.

All dancers are now facing another side of the room. Repeat entire dance.

APPROPRIATE FOR:

N.R., M.L.

ACHIEVEMENTS:

Performance accomplishment, directionality, body image

Activity B:

Rumba Partner Dance - On Your Feet

One partner does the lead pattern starting with LF and the other dancer does the follower pattern starting with the RF. Partners begin in closed dance position with leader doing box step fwd and follower doing box step bkwd (see meas 1 & 2 above). Steps are the same as foregoing line version except that they are done in different partner positions.

Measures

- 1 & 8 In closed ballroom dance position.
- 9 & 10 In open walk position (facing same direction).
- 11 & 12 In reverse open walk position.
- 13 & 16 In banjo offset position as partners walk in a full circle CW doing 4 step taps.

APPROPRIATE FOR:

N.R., M.L.

ACHIEVEMENTS:

Social interaction, sequencing, coordination

5 - LET ME CALL YOU SWEETHEART

Activity A:

Variety Waltz, Couple Mixer Dance — On Your Seat.

Formation - Single circle with partners designated “A” & “B” alternately, all hands joined, facing center

Measures

- 1 - 4 Four slow rocking steps with one foot in front of the other, twd and away from center of circle.
- 5 - 8 Dancers “A” walk four steps in front of “B” to cross over to “B’s” other side as “B” takes four steps in place.
- 9 - 32 Repeat meas 1-8 three times so “A” dancers progress CCW around circle, changing partners 4x altogether.
- 33 “A” dancers turn to their L, take both hands of “B”, facing them.
- 34 Partners “A” & “B” balance or rock twd each other.
- 35 “A” & “B” balance or rock away from each other.
- 36 All clap their own hands once.
- 37 Partners hold both hands and balance twd each other.
- 38 Partners balance or rock away from each other.
- 39 Partners balance or rock twd each other.
- 40 “A” reaches hands around partners neck, “B” reaches hands around partners waist, both clap once in this hugging position.
- 41-46 Partners waltz or walk around room together.
- 47 & 48 Return to circle with partner “A” to the R of “B”

Repeat dance from beginning so that there are many partner exchanges.

APPROPRIATE FOR:

N.R., M.L.

ACHIEVEMENTS:

Group interaction, improved self-image, directionality, laterality

Activity B:

Scarf Activity - In Your Seat.

Formation - Partners sit facing each other with each one holding an end of the same scarf. (Scarves approx. 8”-14” long or held diag.)

Measures

- 1 - 4 Gently swing scarf from side to side 4x.
- 5 - 8 Slowly lift scarf up & around in a large circle between the partners.
- 9 - 32 Repeat meas 1-8 three times.
- 33 - 36 Partners lean away from each other, lean twd, lean away, stamp foot once.
- 37 - 40 Partners lean twd each other, lean away, lean twd, clasp hands with partner.
- 41 - 48 Repeat meas. 33-40.

APPROPRIATE FOR:

P.D., S.H.

ACHIEVEMENTS:

Partner interaction, rhythmic response, spatial concepts

6 - HELLO DOLLY

Activity A:

Warm-Up – In Your Seat.

Begin clapping hands together in time to music, then clap hands on thighs, on shoulders. etc. Encourage group members to suggest other body parts to clap. Then tap heels on floor, step on feet alternately like marching. Try patting up and down each arm with other hand. Vary the energy of the clapping and stepping from light to strong. Pat legs with both hands, moving from thighs down towards ankles and up again. Clap hands with arms outstretched forward, upward, sideward and behind neck and waist if possible.

APPROPRIATE FOR:

S.H., P.D., M.L., N.R.

ACHIEVEMENTS:

Body awareness, improved circulation, raised energy levels, rhythmic response

Activity B:

Get Acquainted Pattern - In Your Seat

Formation - Group sitting in a circle or semicircle

Leader shakes hands with one group member and says, “Hello, (name),” and then invites whole group to repeat greeting and name. Progress around the group repeating handshake and greeting plus other information or statements about the date, season, special occasion or personal complimentary remarks. All of this is done in rhythm while touching the hands or shoulders of each individual in turn.

APPROPRIATE FOR: S.H., P.O.

ACHIEVEMENTS:

Reality orientation, socialization, group unity, improved self-concept

7 - HEY LOOK ME OVER

Activity A:

Playing Musical Instruments - In Your Seat

1. Select an “orchestra leader” to direct group members as they play rhythm instruments. Leader may sit or stand in front of group. Group follows the arm movements of the leader and plays fast or slow, loud or soft as indicated by gestures. Group stops playing when leader clasps arms in lap or turns to face away from musicians. Leader may indicate starting and stopping of music at will, whenever he/she desires. Change leaders after a few intervals.
2. Group can be divided into 2, 3 or 4 sections with a leader for each. When the leaders individually decide to signal their groups to stop or play, there will be times when everyone, only one or two sections, or no one will be playing.

APPROPRIATE FOR: P.D., M.L., N.R.

ACHIEVEMENTS:

Concentration, rhythmic response, leadership skills, group interaction

Activity B:

Baton Exercise - On Your Feet or In Your Seat

- Hold baton (which may be light sticks, cardboard tubes or paper rods from clothes hangers) in front of chest with both hands.

1. Extend arms fwd, upwd and swd.
2. Bend elbows and twist torso from R to L.
3. Extend arms fwd and bend from waist to touch baton near ankles.
4. Extend arms upwd, bend elbows to bring baton behind neck.
5. Bend elbows and alternately lift knees to touch baton.
6. Extend elbows and alternately kick leg fwd and upwd to touch baton.
7. Extend arms upwd and bend torso to R and L.

- Changing baton from one hand to the other hand -
1. Bring baton around behind back from RH to LH and in front of chest from LH to RH; reverse direction.
 2. Raise one leg and pass baton underneath knee from RH to LH; alternate sides.
 3. Make large circles at one's side with R arm like back strokes and front crawl of swimming; repeat with L arm.
 4. Make large figure eights in front of body with R arm and then L arm. (Standing participants may add lunges, knee bends, rocking motions, etc., to baton gestures.)

APPROPRIATE FOR:

P.D., M.L., N.R.

ACHIEVEMENTS:

Increased range of movement, coordination, spatial concepts

8 - RAINDROPS KEEP FALLING ON MY HEAD

Activity A:

Finger Dance – In Your Seat

This finger dance is good for people suffering from limited mobility of fingers and hands.

Suggested pantomime movements are:

Raindrops - Raise head and both arms with fingers moving like raindrops and then lower them.

Finger to thumb opposition - Done by alternating hands, moving arms together or in various directions.

Piano playing - Holding hands at chest height, gently mime a pianist, then strike strong chords.

Snapping of an animal's mouth - With finger tips of both hands facing each other, close four fingers quickly to opposing thumb and then slowly open them.

Palm press - With hands pressed together in vertical "prayer" position, press R palm against L palm. Reverse.

Jabbing a punching bag - Quickly thrust R fist fwd 2x, then repeat with L fist.

Fan movement - Place hands on thighs and spread fingers apart, then bring them together like a fan.

Diving - Place hands close to body on thighs. then strongly brush them fwd, and extend arms and body fwd in a diving movement.

Windshield wiper - Place thumbs together with palms out. and move hands from side to side.

Window wiping - Make small quick circles with hands.

Relaxation is recommended between each set of movements. Participants can shake their hands or slowly extend their arms and hands in various directions.

APPROPRIATE FOR:

M.L., P.D., S.H.

ACHIEVEMENTS:

Increased mobility, improved circulation, rhythmic response

Activity B:

Adapted Soft Shoe Dance - On Your Feet

(4 meas intro.)

Measures

- 1 Do 2 quick "two-steps," 1 R side, L side (RLR & LRL).
- 2 Repeat 1.
- 3 & 4 Make a R turn while doing the following: step R, touch L, toe beside R; step L, touch R toe beside L.
- 5 - 8 Repeat 1-4.
- 9 With feet together and hands in front of chest, open toes and hands outward in a V shape and close.
- 10 & 11 Do a 7-step grapevine to the R, beginning with the RF and end by tapping LF next to RF.
- 12 & 13 Repeat grapevine to the L, starting with LF.
- 14 Step RF fwd, then kick LF fwd.
- 15 Step bkwd LF, then touch RF to floor in back.
- 16 & 17 Repeat 14 & 15.
- 18 Repeat meas 9.
- 19 Make 1/4 turn to the R and strut fwd R, L, R, L.
- 20 Chug fwd with both feet and swing arms upwd. Chug bkwd and swing arms down.
- 21 & 22 Make 1/4 turn to the R, repeat meas 19 & 20.
- 23 - 26 Repeat 1/4 turn to the R as in meas. 19 & 20 2x.
- 27 Do 4 "Suzy-Q's," swiveling feet and hands to the R.
- 28 Repeat 27 to the L
- 29 - 56 Repeat whole dance.
- 57 - 64 Repeat meas 1-8.
- 65 Slowly lift arms with raindrop movements and lower arms.

APPROPRIATE FOR:

N.R., M.L.

ACHIEVEMENTS:

Performance accomplishment, improved body image, group unity.

9 - WORKIN' AT THE CARWASH BLUES

Activity A:

Chair Square Dance - In Your Seat

Formation - Eight people (four couples) seated close together as in a square dance. The figures and the chorus are each 4 meas long; the chorus is repeated after every figure. (2 meas intro.)

Chorus:

All eight dancers hold hands forming a circle.

Measures

- 1 Sway to R, then sway to L.
- 2 Repeat meas 1.
- 3 Raise joined hands upwd and then lower them.
- 5 4 Repeat meas 3.

Figure 1

- 1 Couple #1 leans fwd & bkwd in seats (like bowing).
- 2 Couple #2 leans fwd & bkwd in seats.
- 3 Couple #3 leans fwd & bkwd in seats.
- 4 Couple #4 leans fwd & bkwd in seats.

Figure 2

- 1 Everyone slowly shakes partner's RH 4x.
- 2 Everyone slowly shakes partner's LH 4x.
- 3 Everyone slowly shakes corner's RH 4x.
- 4 Everyone slowly shakes corner's LH 4x.

Figure 3

- 1 Head couples clap both hands of opposite partner 4x.
- 2 Side couples clap both hands of opposite partner 4x.
- 3 Everyone claps hands at shoulder height with people on either side 4x.
- 4 Everyone claps own hands 4x.

Figure 4

- 1 Head ladies shake RH across set 4x.
- 2 Side ladies shake RH across set 4x.
- 3 Head ladies shake LH across set 4x.
- 4 Side ladies shake LH across set 4x.

Figure 5

- 1 Head gentlemen shake RH across set 4x.
- 2 Side gentlemen shake RH across set 4x.
- 3 Head gentlemen shake LH across set 4x.
- 4 Side gentlemen shake LH across set 4x.

Figure 6

- 1 Everyone extend RH to center (right hand star).
- 2 All reach L arm overhead twd center.
- 3 An extend L arm away from center.
- 4 All circle L arm overhead in a lasso or lariat-like motion. Return RH to side.

Figure 7

Same as Figure 6, but opposite (left hand star).

Figure 8

- 1 Couple #1 claps own hands together, claps hands on own thighs, stamp RF, stamp LF.
- 2,3,4 Couples #2, #3, and #4 repeat figure described in meas. 1 in turn

APPROPRIATE FOR:

S.H., P.D.

ACHIEVEMENTS:

Spatial orientation. socialization. physical contact

Activity B:

Country Western Dance - Mimetic.

Circle Activity - On Your Feet

Formation - For Figures 1-8 - Circassian Circle (double circle with 2 sets of people facing each other in groups of four).

Partners are next to each other, opposites are facing them.

For Chorus - Single circle with everyone holding hands.

The following eight figures alternate with the chorus. The chorus repeats eight times and is four measures in duration For each repeat of the chorus, measures 1 and 2 are the same; for measures 3 and 4 substitute the pantomime gestures listed.

Chorus:

Measures

- 1 Walk into center with four slow steps while raising arms overhead
- 2 Walk bkwd away from center, lowering arms, four small steps.
- 3 & 4 See gestures below.

GESTURES (for chorus measures 3 & 4)

First time - Pantomime playing guitar leaning to R & L. then "play" guitar while moving back into 2 partner sets.

Second time - Pantomime twirling a lasso overhead.

Third - Pantomime riding a bronco while pulling on reins.

Fourth thru seventh - devise your own pantomime activity for each

Eighth - Lunge into center with RF and pull back with arms as if pulling on reins. say "whoa" while kicking R leg in front

Measures

Figure 1

- 1 & 2 RH to partner, walk around and back to place, 8 steps.
- 3 & 4 LH to opposite person, walk around & back to place, 8 steps

Figure 2

- 1 & 2 Circle L, four people holding hands, 8 steps.
- 3 & 4 Circle R, four people holding hands, 8 steps.

Figure 3

- 1 & 2 Do Si Do with partner (pass R shoulders, back to back, pass L shoulders, walk back to place) in 8 steps
- 3 & 4 Do Si Do with opposite.

Figure 4

- 1 & 2 See Saw (left Do Si Do) with partner.
- 3 & 4 See Saw with opposite.

Figure 5

- 1 & 2 Right hand star - all extend RH to center, walk CW around & back to place.
- 3 & 4 LH star - all extend LH to center, walk CCW around and back to place

Figure 6

- 1 & 2 Swing your partner, place him/her on your R, 8 steps.
- 3 & 4 Swing your opposite, leave him/her, go back to place

Figure 7

- 1 Walk twd opposite 4 steps, hold both hands
- 2 Outside opposites move together away from center, inside opposites move twd center, with 4 close side steps
- 3 Return to place with opposite partners, 4 side, close steps
- 4 Walk 4 steps bkwd away from opposite into place.

Figure 8

(Pass thru to new opposites)

- 1 Walk twd opposites with 3 steps, clap outside hands.
- 2 Walk away from opposites, 4 steps.
- 3 & 4 Walk twd opposites, pass R shoulders & pass thru to new couple coming twd you, 8 steps.

APPROPRIATE FOR:

P.D., M.L., N.R.

ACHIEVEMENTS:

Group interaction, spatial orientation, mimetic expression

10 - SCARBOROUGH FAIR

Activity A:

Relaxation Activities While Standing. Sitting or Lying —
Movements that can be used are slow circling of the hands, shoulders, ankles and hips or alternate tightening and relaxing of the body parts, beginning with the feet and moving upward to the head.

Activity B:

Closure Activity - On Your Feet

Large circle dance - all participants in a Circle hold onto a long stretchy fabric, ribbon or rope. Everyone begins facing center.

(4 meas intro.)

Measures

- 1 & 2** Rock gently from R to L 4x, swaying fabric side to side
- 3** Step fwd with quick steps R, L, R, L
- 4** Step fwd slowly on RF and lean fwd, then slowly step bkwd on LF and lean bkwd
- 5 - 16** Repeat meas 3 & 4 six times.

Repeat entire dance sequence from beginning: end facing center, rocking in unison from side to side

APPROPRIATE FOR:

S.H., P.D., M.L., N.R.

ACHIEVEMENTS:

Concentration, quieting, stress reduction, group unity, interpersonal relating.

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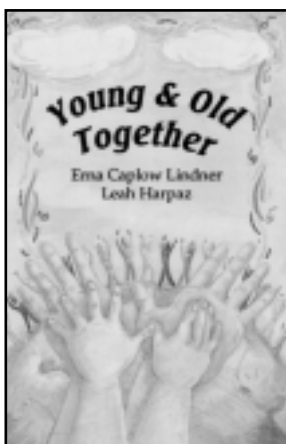
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