

SEVEN JUMPS

LS E-8

Formation: Single circle, facing center, hands joined.

DANCE

Chorus: Face left and take 7 step-hops to the left, ending with a jump on the 8th; repeat step-hops and jump to the right. Finish facing center.

Start with the chorus; return to it after each of the figures below.

Figure 1. On first sustained note place hands on hips and raise right knee; lower knee and stand motionless throughout the next sustained note.

Figure 2. Raise right knee; lower it and raise left knee; lower it and stand motionless.

Figure 3. Raise right knee; lower it and raise left knee; lower it and kneel on right knee; return to standing position and stand motionless.

Figure 4. Raise right knee; lower it and raise left knee; lower it and kneel on right knee; add left knee; return to standing position and stand motionless.

Figure 5. Raise right knee; lower it and raise left knee; lower it and kneel on right knee, add left knee; place right elbow on floor; return to standing position and stand motionless.

Figure 6. Raise right knee; lower it and raise left knee; lower it and kneel on right knee; add left knee; right elbow on floor; add left elbow;

return to standing position and stand motionless.

Figure 7. Raise right knee; lower it and raise left knee; lower it and kneel on right knee; add left knee; right elbow on floor; add left elbow; touch forehead to floor; return to standing position and stand motionless.