

Interpretive Dance

Warm-up

- Jog on the spot for 15 seconds
- March on the spot or around the space for 15 seconds
- Jump on the spot for 15 seconds
- Zig-zag around the space for 15 seconds
- Walking lunges for 15 seconds

Repeat twice

Dance

You will be dancing to Camille Saint-Saëns *The Carnival of the Animals*. You will need to interpret each animal through your body. Think about how they would move and how their faces look.

Please be careful not to trip or hurt yourself. A parent should be supervising this activity.

Play the pieces in this order:

1. Royal March of the Lion
2. Hens and Roosters
3. Quick Animals
4. Tortoises
5. The Elephant
6. Kangaroos
7. Aquarium
8. Donkeys
9. The Cuckoo
10. Birds
11. Fossils
12. The Swan



Link to the music: <https://www.youtube.com/watch?v=5LOFhskAYw>