

Randolph Shuffle

For this activity you have to remember a sequence of movements.

Step 1. Randolph shuffle

Ideally this activity should be done slowly and smoothly

There are 8 parts in this activity which must be done in order as follows:

1. Raise both arms (with palms down) smoothly to shoulder level so they point straight ahead. (Hands should be open with fingers pointing ahead.) At the same time as you raise your arms, step forward on your **right** foot, as if taking a step, but weight is not transferred to this foot - there should be equal weight on each foot.
2. Smoothly rotate both arms outwards (still at shoulder level) so they point outwards to each side and at the same time rotate the **right** foot outwards so toes point to the **right**. This will involve a rotation of the whole leg from the hip.
3. Smoothly rotate both arms and the **right** foot back to the position as in step 1. Both arms will now be pointing straight ahead at shoulder level and the **right** foot will be forward.
4. Smoothly return both arms to your sides while also returning the **right foot** back next to the left.
5. Raise both arms smoothly to shoulder level so they point straight ahead. At the same time as you raise your arms, step forward on your **left** foot, as if taking a step, but weight is not transferred to this foot - there should be equal weight on each foot.
6. Smoothly rotate both arms outwards (still at shoulder level) so they point outwards to each side and at the same time rotate the **left** foot outwards so toes point to the **left**.
7. Smoothly rotate both arms and the **left** foot back to the position as in step 1. Both arms will now be pointing straight ahead at shoulder level and the **left** foot will be forward.
8. Smoothly return both arms to your sides while also returning the **left foot** back next to the right.

Step 2. Randolph shuffle to a beat

Click '**beat**' from the menu at the top of this screen. Now the 8 steps in this shuffle are done in time to the beat. So –

1. On the first beat arms move forwards and the right foot steps forward
2. On the second beat arms move out to the sides and the right foot rotates out to the right
3. On the third beat arms return to the straight ahead position and the right foot rotates back to be straight ahead
4. On the fourth beat arms return to your sides and the right foot steps back...etc

Your goal is to carry out the sequence of movements correctly in time to the beat.