Riverflow

Dancing For Fun Book 1





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Dance 1: Riverflow Choreography Link to YouTube:

http://www.youtube.com/watch?v=A87PJ30fKpI&feature=share&list=PLMXzOm_ewb6lpLvdPcbiGTP-

dx0ttiGIJ

https://www.youtube.com/watch?v=A87PJ30fKpI&t=17s

Key Signature: 2/4

Introduction: 8 measures

Measures 1–8: Start in circle holding hands, facing the center of the circle. Spread out to begin, allowing space for arms to stretch. Hold formation for first phrase of music (8 measures) as an introduction.

Measures 9–12: Start on R foot. Walk 4 steps into the center of the circle (1 measure = 2 counts), slowly raising straight arms up. Then reverse: walk back from the center, lowering straight arms slowly down. Movement of head always follows arm movement.

Measures 13–16: Repeat movement of measures 9–12.

Measures 17–20: Step together to the R 4 times (each step on 2 counts). Continue to hold hands.

Measures 21–24: <u>Step together</u> to the L 4 times (each step on 2 counts). Continue to hold hands.

Measures 25–26: Step forward with the R, then close L leg to R leg, swing straight arms up. Then step back with the L, close R leg to L leg, swing straight arms down.

Measures 27–28: Repeat movement of measures 25–26.

Measures 29–32: Release hands and circle the arms in frontal plane down and up (<u>arm sequence</u>). Each person should be walking individually around his/her own circle in place, circling to R.

Measures 33–48: Repeat whole dance with modifications.

Measures 33–36: Repeat movement of measures 9–12.

Measures 37–38: Step together to the R twice (each step on 2 counts). Continue to hold hands.

Measures 39-40: Same as measures 37 - 38 but to the L

Measures 41 - 44: Repeat movement of measures 25 - 26 twice

Measures 45 - 48: Repeat movement of measures 29 - 32

Measures 49 - 50: Stand still, legs together, arms down at sides.