

THE BUPA DANCE INSTRUCTIONS

Please use these instructions along with the Bupa dance DVD to learn the three stages of the Bupa dance.

The dance was created by Simon Fairthorne, a Bupa physiotherapist who specialises in movement for older people. The dance is designed in three stages, depending on whether a person would like to sit, stand or get fully active!

The three different stages of the dance have been created to allow residents with different levels of mobility and ability to join in. Please be careful to ensure that residents only participate in the elements of the dance which they feel able to and encourage them to tailor the moves to their level of mobility.

Chair based stage of the Bupa dance

The different dance moves that make up the chair based dance are as follows:

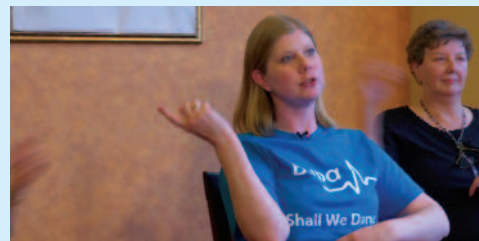


1. Knees up

Raise the knees (or just the feet) in time with the music, starting with the left leg.

Robot arms

While continuing to move your feet, incorporate your arms (or just your hands), starting with the left.



2. Wind the bobbin

Wind your arms around each other in a circular motion, pointing out to the sides, alternating from left to right.



3. Baby

Shape your arms as though cradling a baby and swing them from left to right.



4. Arms up

Reach your arms up as far as feels comfortable, in time with the music, starting with the left, then the right.



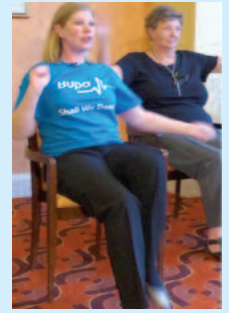
5. Sweeps

Left sweep: Reach out with your arm straight ahead, moving your arm in a circle out towards your left hand side.

Right sweep: Reach out with your arm straight ahead, moving your arm in a circle out towards your right hand side.

6. Maracas

Raise your arms in the air, and bring them down either side of you as though you were shaking maracas!



7. Robot

The robot is a combination of the 'knees up' and 'robot arms' moves.

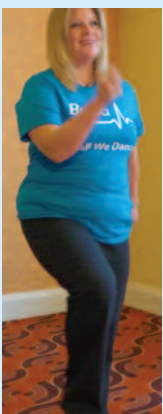


8. Butterfly

Raise your arms in the air, and bring them down either side of you, fluttering your fingers and hands like a butterfly!

Standing stage of the Bupa dance

The different dance moves that make up the standing stage of the dance are as follows:



1. Robot walk

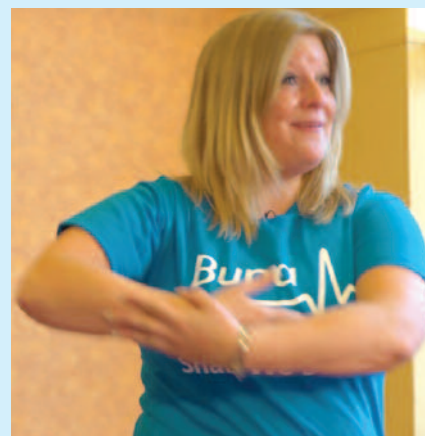
Raise the knees (or just the feet) in time in with the music, starting with the left leg.

Robot arms

While continuing to move your feet, incorporate your arms (or just your hands), starting with the left.

2. Shake your wrists

If you feel able to do so, shake your wrists whilst doing the 'robot walk' and 'robot arms' moves.



3. Baby

Shape your arms as though cradling a baby and swing them from left to right.



4. Arms up

Reach your arms up as far as feels comfortable, in time with the music, starting with the left, then the right.



5. Sweeps

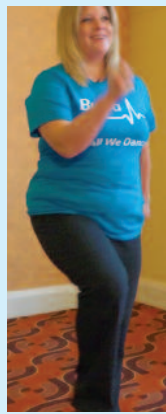
Left sweep: Reach out with your arm straight ahead, moving your arm in a circle out towards your left hand side.

Right sweep: Reach out with your arm straight ahead, moving your arm in a circle out towards your right hand side.



6. Maracas

Bend your knees and raise your arms in the air, and bring them down either side of you as though you were shaking maracas!



7. Robot

The robot is a combination of the 'robot walk' and 'robot arms' moves.

8. Butterfly

Raise your arms in the air, and bring them down either side of you, fluttering your fingers and hands like a butterfly!



Active stage of the Bupa dance

The different dance moves that make up the active stage of the dance are as follows:

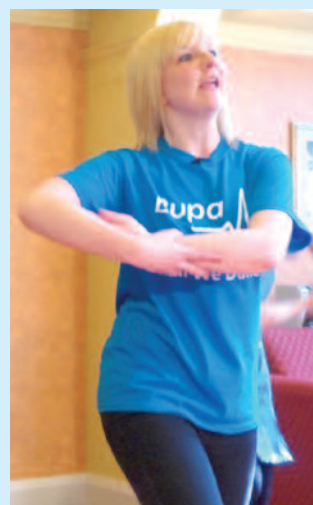


1. Robot march

March on the spot in time in with the music, starting with the left leg.

Robot arms

While continuing to move your feet, incorporate your arms, moving them back and forth like a robot, starting with the left. Alternate the height of your arms.



2. Baby

Shape your arms as though cradling a baby and swing them from left to right.



3. Arms up

Reach your arms up, in time with the music, starting with the left, then the right.



4. Sweeps

Left sweep: Take a step to the left while reaching out with your arm straight ahead, moving your arm in a circle out towards your left hand side.

Right sweep: Take a step to the right while reaching out with your arm straight ahead, moving your arm in a circle out towards your right hand side.



5. Maracas

Bend your knees and raise your arms in the air, wiggle your hips and bring your arms down either side of you as though you were shaking maracas!

6. Freestyle

This is your opportunity to incorporate some of your very own signature moves into the dance!



7. Robot

The robot is a combination of the 'robot march' and 'robot arms' moves.

8. Butterfly

Raise your arms in the air, while marching on the spot and bring your arms down either side of you, fluttering your fingers and hands like a butterfly!

