



Rumpelstiltskin Warm Up Video

Fire Dance

Before beginning our 'Fire Dance Warm Up' video please ensure you are in a clear space with plenty of room to move.

If you haven't participated in any of our videos before, please read through our tips for working safely below. If you have already read these, you can skip straight to page 2 to see our Exercise Breakdown with useful tips!

SAFE PRACTICE

BEFORE YOU BEGIN – CHECK LIST

Are you dancing safely?

Don't do anything that hurts or feels uncomfortable!

If the movement from our videos hurts or feels uncomfortable – change it! You can always adapt or change the movement, so it feels comfortable for your body.

Are you injured?

If you are injured, we suggest you don't take part in these videos, or make sure you are able to adapt the material safely.

If you do hurt or injure your body – rest and seek medical advice.

Is your space safe?

Make sure you are in a clear space with lots of room to dance around, especially if you are dancing with other people.

THINGS TO CHECK:

Are there any objects on the floor that you could stand on or trip over?

Are there any things in the space that you could break?

Anything else?

We suggest wearing comfortable clothing that you can move easily in and bare feet.

Make sure you're not wearing anything slippery on your feet!

Go at your own pace – you can stop and start the videos at any time, and go back if you missed any instructions or moves. We suggest you watch each video once before joining in so that you know what to expect.

Have fun dancing!



Fire Dance Warm Up

Exercise Breakdown with useful tips!

When doing our 'Fire Dance Warm Up' video, it's important to remember it's not about doing every movement perfectly but having fun whilst dancing along.

- Crouch down low, like you're crouching around a fire, wiggling your fingers like you're warming them up
- Rub your hands together with lots of energy and countdown loudly (if teaching to a class – encourage your students to count with you) from 10, stand up and put your hands on your head
- Open your legs wide and reach your hands through them, rub your hands together again and countdown from 10, stand up and put your hands on your shoulders
- Quickly lie down on your belly and reach your arms out in front of you, rub your hands together and countdown from 10, jump up to standing and put your hands on your knees
- Stand on your tip toes, as tall as you can, and reach your arms above your head, rub your hands together and countdown from 10, sit down quickly with your legs out in front and touch your toes
- Pick one leg up, lifting it off the floor, to stretch the hamstring. Repeat on the other side
- Jump back up to standing with legs wide apart, sit back into a squat and reach your arms out in front of you, rub your hands together and countdown from 10, stand back up straight and put your hands on your hips Circle the hips, both ways
- Rub the shins energetically
- Tap the thighs like you're playing a drumroll, hands to bum, drumroll on thighs again and then quickly copy the leader (in our video our leader is Gav) placing your hands on the same body parts.

Our order is:

1. - Shoulders
2. - Toes
3. - Head
4. - Toes
5. - Head



- Another drumroll on your thighs and then place your hands on your head, shoulders, knees then toes, and repeat. Then point to your eyes, ears, mouth and nose. Place your hands on your head, shoulders, knees and toes, knees and.... Finish with a big drumroll on your thighs!

Cool Down

After dancing we recommend that you give yourself time to cool down. You can either follow one of our cool down videos or do your own stretches.