



Rapunzel Choreography

Plait Dance

Before beginning our 'Plait Dance Choreography' 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!



Plait Dance Choreography

Exercise Breakdown with useful tips!

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

For this dance you will need your Rapunzel Plait that you have made or, if you haven't got a Rapunzel Plait, a scarf or a length of rope that you can use instead.

- Start sat down with your Rapunzel plait laid out in front of you
 - Take both ends and twist them to make two spirals
 - Pick the plait up, place your head between the two spirals and let the spirals unravel, wearing your Rapunzel plait as a wig
 - Holding your Rapunzel plait stretched over your head rock from side to side
 - Still holding your Rapunzel plait stretched over your head, rock your way up to standing. Once standing, skip from side to side
 - Flick your plait down by your feet to start our Skipping Hair dance...
1. 4 skips
 2. 4 figures of 8, traveling side-to-side of your body (fold your plait in two to do this)
- Spinning Hair – Spin holding your plait on your head like a pony tail (we recommend folding your plait in two to do this)
 - Lay your plait on the floor ready for **Stretchy Hair...**
1. Stretch yourself out like a big starfish and then crouch down to make yourself as small as you can
 2. 4 leaps over your plait
 3. Stand behind your plait and go through arm positions, 1st, 2nd, 3rd, 4th & 5th
 4. Frog leap up your plait
 5. Spin round and cartwheel back
 6. Step onto your plait and walk down it like it's a tight rope that you need to balance on. Make one big shape whilst balancing on one leg and jump of



- **Twisted Hair** – Taking one end of your plait twist it around your body – ankle, knee, thigh, waist, under one shoulder, over the over and under your legs ready for ...
- **Horsey Hair...**
 1. Holding your plait between your legs gallop around in a circle, lassoing the back end of your plait like it's your horse's tail
 2. Two flicks of your leg, like a horse's hind legs kicking into the ground
 3. Big leg up like your horse is picking it's front legs up to stop abruptly
 4. Throw your plait on the floor and jump back
- Pick your plait back up from both sides, ready to repeat **Skipping Hair...**
 1. - 4 skips
 2. - 4 figures of 8, traveling side-to-side of your body (fold your plait in two to do this)
- **Spinning Hair** – Spin holding your plait on your head like a ponytail (we recommend folding your plait in two to do this)
- **Swinging Hair ...**
 1. Keeping your plait folded in two and held to your head, bow your head down and swing your plait side-to-side. End the move lying down and throw your plait so it lands on the floor stretching out from your head
 2. - 4 leg swings
 3. - Last leg swing swings you up to a sitting position. You wrap your plait around you in a circle ready for ...
- **Trapped Hair ...**
 1. Hug your legs in tight, sat in the middle of your plait circle, as though your trapped and scared in the Witch's tower. Reach up as tall as you can, like you are trying to find a way to escape, give up and come back to sitting. Repeat.
 2. Jump out of your plait circle to break free from the Witch's tower. Run, skip, jump, leap ... celebrate your freedom!
- Grab your plait and throw it in the air ...**NO HAIR!**

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.