



Rapunzel Warm Up

Maypole Dance

Before beginning our 'Maypole 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!



Maypole Dance Warm Up Exercise Breakdown with useful tips!

When doing our 'Maypole Dance Warm Up' 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 a scarf, flag, ribbon or some sort of light material that you can wave around like you are dancing around your own Maypole

- Start in a low crouch position. In time with the music, pat all over your body to check for 'Rampion' (the vegetable that the Husband steals from the Witch's Garden)
- Jump around and pat your thighs in time to the music
- Still jumping, now pat your chest
- Jump up with your hands high in the air and hold, and then squat down and reach your hands towards the floor and hold
- Skipping with your legs, reach your hands around and up, drawing a big circle
- Whilst still moving to the music, tap one elbow to your hand. Repeat with your other elbow
- Skipping with your legs, reach your hands around and up and around and down, drawing a big circle
- **(A)** Step forward and place the same arm up, step forward with the other leg and place the other arm up. Step back and bring same hand behind your back, step back with your other leg and place the other hand behind your back. Repeat.
- Repeat x 2 same movement a bit faster but when you step back place your hands to your heart
- Repeat x 2 same movement but when you step back place your hands on your hips



- **(B)** With one leg step forward, side, back and jump your legs back together. Repeat on the other side.
- Repeat movement Sequence **(A)**
- Repeat movement Sequence **(B)**
- Jump around to the music, freestyle
- Grab your 'Maypole Ribbons', or whatever material you are using, and have your own dance! Use your whole body and use all the space. We want you to try and make some big and energetic shapes.
- Make big circles with your 'Maypole Ribbons' and end with a bow.

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.