



Follow the green line or the yellow dashed line to learn the dance routine (find a version that works for your body).

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How do you go from one part to the next?  
Can you make up your own moves between them?

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Could you make a new routine  
using this card?

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Think about how you are doing the movements.  
Are they big or small, fast or slow?

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Could you show someone else your new moves?

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LAUREN TRIM

Dance Artist – laurentrim.co.uk

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Designer – adambeeceham.com

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