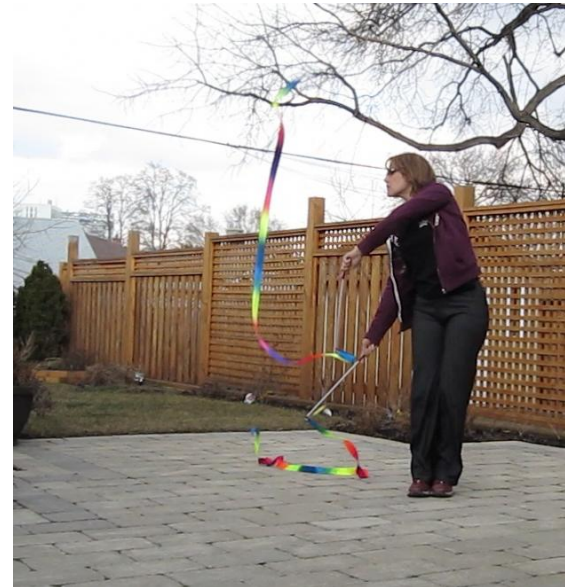
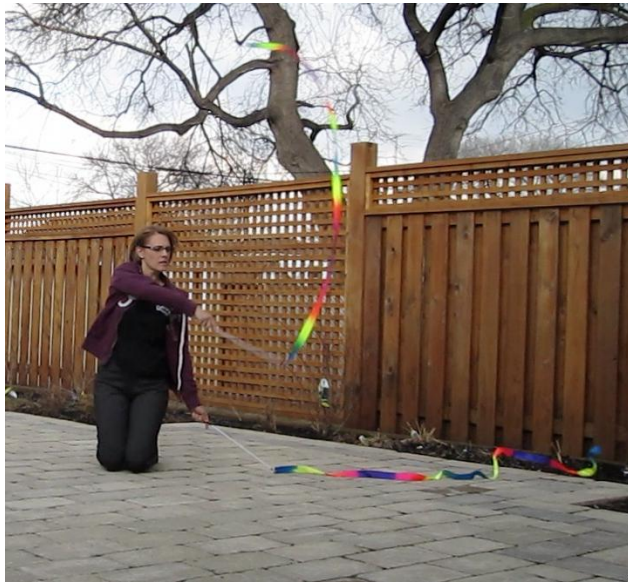


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Start by kneeling.

Move arms: one and then the other, side to side.

Continue moving arms side to side as you stand up, one leg at a time.



## Chinese Ribbon Moves

Chinese Ribbon Dance – Prepared by C. Lyndley, Dance Specialist Winter 2012

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Step touch side to side.

Move arms: one and then the other, side to side.



## Chinese Ribbon Moves

Chinese Ribbon Dance – Prepared by C. Lyndley, Dance Specialist Winter 2012

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Keep elbows close to your body.

Move forearms and hands up and down very quickly to get the ribbons to flutter.  
Keeping one foot stationary, use your other foot to rotate your body on the spot.  
Change directions.



## Chinese Ribbon Moves

Chinese Ribbon Dance – Prepared by C. Lyndley, Dance Specialist Winter 2012

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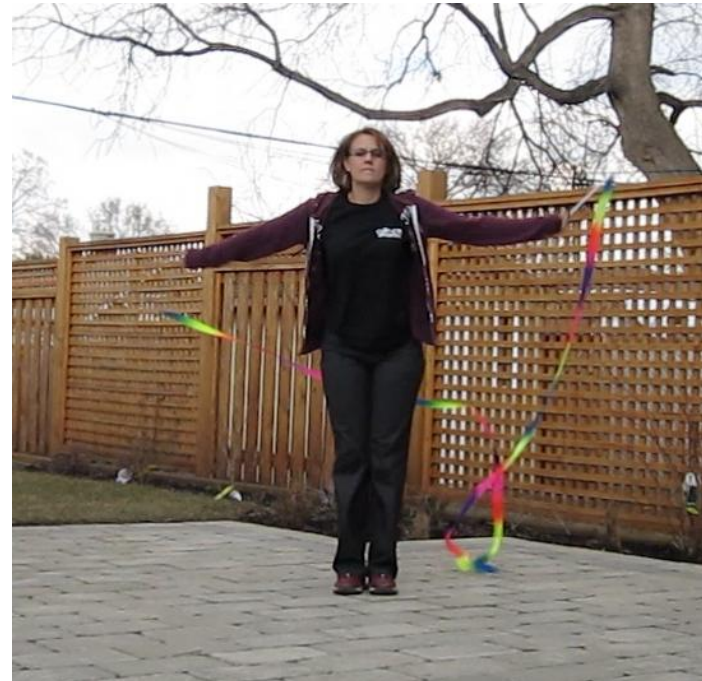
Hold your arms out wide.

Cross arms in front of your body, then go out wide.

Keep the arms and ribbon moving quickly in a double figure eight pattern.

Bounce your knees (in time with the music).

Variation: Cross your arms behind your body

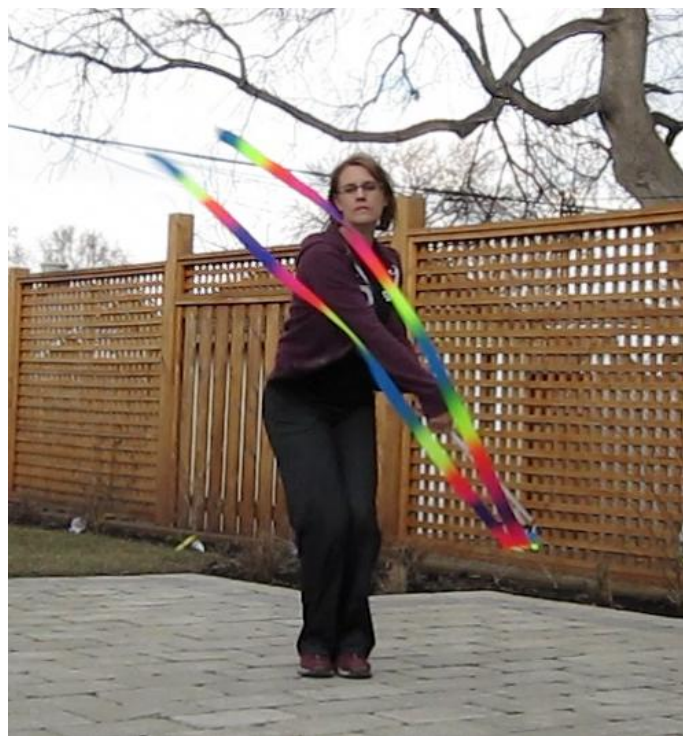


## Chinese Ribbon Moves

Chinese Ribbon Dance – Prepared by C. Lyndley, Dance Specialist Winter 2012

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For this move, put both ribbons in one hand and clasp your hands together. Move your clasped hands, with ribbons, in a figure eight pattern. Twist your body in natural flow with the arm movement.



## Chinese Ribbon Moves

Chinese Ribbon Dance – Prepared by C. Lyndley, Dance Specialist Winter 2012

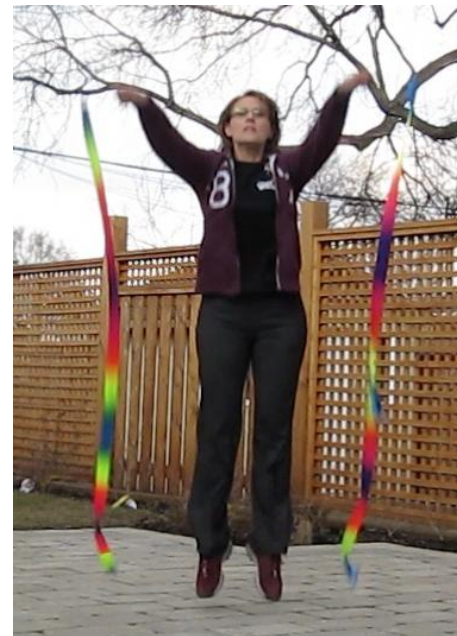
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Raise arms, with ribbons, in the air.

As you drop your hands down to the sides of your body, make squiggly “s” with your hands/wrists and the ribbons. Wrist movements need to be quick and sizeable, in order to get the squiggly “s” to form.

Extension: When you raise your hands in the air add a jump.

Variation: Instead of moving arms down as you make the squiggly “s”, try moving arms in an upward direction as you make the squiggly “s”.



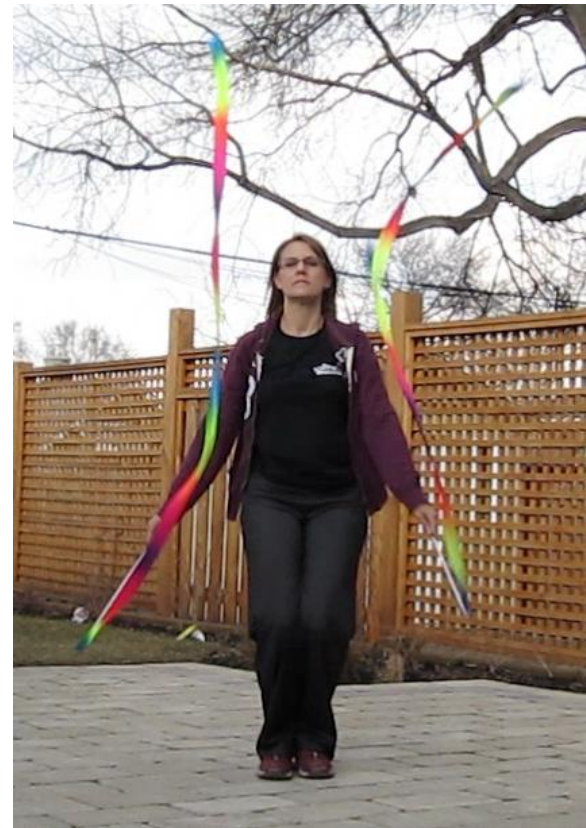
## Chinese Ribbon Moves

Chinese Ribbon Dance – Prepared by C. Lyndley, Dance Specialist Winter 2012

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Move your arms in large, simultaneous circles.  
Stand still or walk forwards and/or backwards.

Extension: Add a leap (jump).



## Chinese Ribbon Moves

Chinese Ribbon Dance – Prepared by C. Lyndley, Dance Specialist Winter 2012

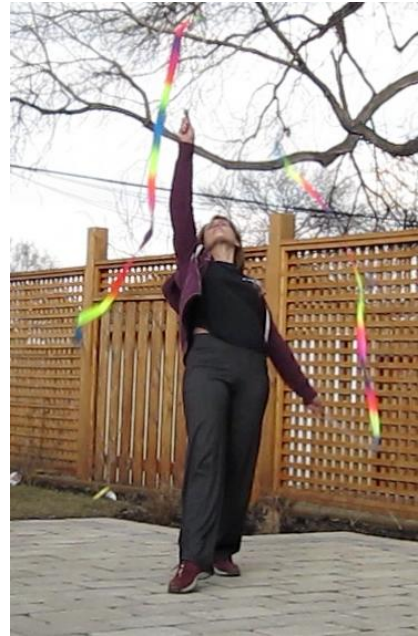
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Move your arms in large, alternating circles, similar to that of a forward swimming stroke.

Stand still or walk forwards and/or backwards.

Variation: Circle arms in a backwards stroke movement.

Extension: Lean body forwards or backwards, and point one toe in an opposite direction.



## Chinese Ribbon Moves

Chinese Ribbon Dance – Prepared by C. Lyndley, Dance Specialist Winter 2012



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Keep elbows relatively close to the body, but not too close.

Move forearms in a medium sized circular pattern in order to get the ribbon to create a spiral pattern.

Extension: Explore various ways to travel/move throughout the space.



## Chinese Ribbon Moves

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