



High school Musical

Prompt Sheet

First Session



Use these prompts to help you remember the dance we've learned today.

Remember we count dance in beats of 8.

1, 2 - step to the right and bending both knees, pull your arms up at the elbow whilst shrugging your shoulders

3 - step onto your left foot so that you are facing the front with your arms down to the side

4 - bring your arms together at the top of your head and clap

5 - step to the right and bending both knees, pull your arms up at the elbow whilst shrugging your shoulders

6 - step to the left and repeat

7 - step to the right and repeat

8 - turn a quarter to the right

1, 2 - cross your arms

3, 4 - still facing to the side, step forward with your left foot (pushing your hip out) pushing your hands to the side and twisting your torso

5, 6 - step to the side with your left foot whilst bringing your hands (palms forward) across your face

7, 8 - step your left foot in and whilst looking up, put your arms up and then down



Prompt Sheet Second Session



1, 2 - step to the right and bending both knees, pull your arms up at the elbow whilst shrugging your shoulders

3 - step onto your left foot so that you are facing the front with your arms down to the side

4 - bring your arms together at the top of your head and clap

5, 6, 7, 8 - cross your left foot over your right and turn all the way round slowly

1 - step to the left and whilst leaning over, point your arm out to the side

2 - bring your arm in, bend them both at the elbow and bring them down to your side

3 - throw your right hand out (palm facing forwards) to the side

4 - throw your left hand out (palm facing forwards)

5, 6, 7 & 8 - hold the position

1 & 2- raise both arms up whilst looking up with your head

