

## Dance Routine: Staying Alive

### **Intro**

This reasonably simple routine is for any number of dancers, probably best with between 12 and 16 but can be adapted for any number.

A detailed walk through of the routine is provided for those who are dancing for the first time, or those who would like a detailed step by step reminder including some finer points and helpful tips.

For those familiar with the steps you might like to skip to the simpler attached Annex

It is suggested that some of the more experienced dancers might like to routinely change their starting positions to enable greater flexibility within the group and to cover for absences etc .

There are a number of steps (actions) which are danced to the beat of 4 or 8 in time to the music and have been named as below. These steps are explained in more detail as and when they occur within the 3 Stages of the routine:

- March
- Hand Rolls
- Points
- Eyes
- Staying Alive
- Jazz Hands
- Walk
- Thumbs

The main steps are contained within Stage 1 and are repeated in part for Stages 2 and 3. There is an easy change in Stage 2 to match the music, and additional steps in Stage 3 for variety leading into the Finale.

Dancers should be in position before the music begins. It is suggested dancers stand in rows, with people directly behind each other eg 3 rows of 4. Depending on the number of dancers this could be 3 rows of 3, 3 rows of 5, 4 rows of 4, what ever suits the number of dancers and available space.

### **Stage 1**

#### Action 1

- Before the music starts prepare by standing in position with your hands on your hips, when it starts **march on the spot** until the 'singing starts'. Depending on the musical version the marching time may vary.

#### Action 2

- When the singing starts "Well you can tell" commence **Hand Rolls**.
- This involves rolling each hand over the other in a forward motion.
- Firstly lean to the right and do a forward Hand Roll to the count of 4
- Next lean to the left and do a forward Hand Roll to the count of 4
- Repeat each side once more, so 4 in all. Two to the right and two to the left.

### Action 3

- This consists of making a **pointed** hand using your first finger, it helps to hold your thumb over the remaining 3 fingers if you can to create a neater look,
- Begin with your body facing forward and your head turned slightly to the left, your right arm pointing left across your body at shoulder height, to the count of 4 move your arm from left to right across your body, keep your arm straight, with your head tracking the movement of your pointed finger. Hold your left hand on your left hip
- Repeat this action but with a left hand finger point, starting at your right and moving to your left, with your right hand on your right hip, again to the count of 4
- repeat each right and left movement once more,

### Action 4

- Having completed your 4 points, we now do **2 Eyes**
- With your right hand form a V with your first and second finger, hold your 2 remaining fingers under your thumb. The back of your hand should face you .
- Begin with your body facing forward, your right arm across your face towards your left side, similar to the point, but this time at **eye level**. To the count of 4 move your right arm from your left side, across your face, and to your right side, with your head following the track of your V fingers. Keep your elbow bent for this one. Your V almost covers your eyes, hence the step being called Eyes. Your left hand is on your left hip.
- Repeat this action but with a left hand V, starting at your right and moving to your left, with your right hand on your right hip, again to the count of 4
- 2 of these, one each side.

### Action 5

- Having finished Eyes we are ready to perform **Staying Alive**
- Begin with a right handed finger point, pointing to the right, arm outstretched upwards to the ceiling. If you can, follow the movement of your hand with your head . At the same time bend your right knee slightly forward. Sweep your right arm down towards your left knee, and at the same time bend this knee forward to meet your pointed finger, return your right knee back to normal. This is not as difficult as it might first appear and comes easier with practice.
- Repeat this movement 4 times to the count of 8. 4 points upwards to the right and 4 points downwards to the left.
- Change sides and repeat the above with your left hand pointing . Sweeping your left hand downwards to your right knee etc. Repeat 4 times to the count of 8.

### Action 6

- Now for some more **Hand Rolls**
- But this time you will roll your hands forwards over each other whilst firstly bending slightly forward , to the count of 4, you can also take a small step forward with your foot at the same time. Then roll your hands over each other backwards whilst leaning slightly backwards, to the count of 4 , again you can take a small step backwards to help with your balance.
- Repeat the forward and backward hand roll. 4 in all, two forward and two backwards.

## Action 7

- Here goes, **Jazz Hands**
- Immediately after the last backwards hand roll, the people in the front row immediately turn to their right and walk/dance down their line to the back of the group to form a new 'back row' . At the same time row 2 people will walk/dance forward to become row 1, and the same for row 3 who will become row 2, etc All to the count of 4 .
- After the count of 4 on hearing "Staying Alive" with everyone in their new position sweep both hands upwards to form a V above your head, and wave your hands, jazz style. Sweep up in an inwards motion rather than an outwards to a count of 16
- If rows 2 and 3 etc can step forward in good time and be in their new position within the 4 beat count this will greatly help those walking to form the new back row.

And so ends Stage1

## Stage 2

Repeat Action 2

- Once in your new position following the end of your jazz hands, go straight into 4 Hand Rolls

Repeat Action 3

- 4 Points

Repeat Action 4

- But this time we do **4 Eyes** to fit with the music

Repeat Action 5

- 8 Staying Alive's, 4 right, 4 left

Repeat Action 6

- 4 Hand Rolls, forward, back, forward , back

Repeat Action 7

- Another Jazz Hands, repeating the same movement as described in Stage 1, So the original row 3 will now move forward to become row 1. The original row 2 will now be the new 'back row' etc.

Stage 2 is now complete.

## Stage 3

Repeat Action 2

- In new positions begin with 4 Arms Rolls

### Repeat Action 3

- 4 Points

### New Action 8

- We do not repeat any Eyes, rather we undertake a new Action **Walk**
- To the count of 4, starting with your right foot, take 3 steps to the right, left foot in front of your right, on the 4<sup>th</sup> beat do a little hop, raise your left foot to the right and clap.
- Take 3 steps to the left, as above, on beat 4 a little hop and lift your right foot to the left and clap.
- Repeat the **walk** once more to the right and left. 4 times in all..

### New Action 9

- We are nearly there, time for **Thumbs**
- Marching on the spot for a count of 16. Taking 2 mini right steps followed by 2 left steps, repeated 8 times.
- At the same time as taking your 2 right steps, do 2 hitching a lift thumb action with your right thumb over your right shoulder using small movements
- Repeat the thumbing action with your left hand when taking your left steps
- In all there are 16 thumbs to the count of 16, 2 right 2 left (repeat these 4 steps,4 times)

### Finale

- Following Thumbs and to the count of 8 everyone fans backwards, whilst rolling hands forward, to form a semi circle (the mid point of the semi circle will face the audience),
- The outer lines will have more time to reach their new position, whilst those in the middle may have to move quicker to get into position within the count of 8. Outer lines are asked to leave sufficient space for the middle to move into to avoid jostelling.
- Once the semi circle has been formed within the count of 8, the 2 end people (those at the front) immediately dance into the middle of the stage area in thier own style to the count of 8 . On their 8<sup>th</sup> beat they will raise their hands and do a jazz wave to the audience and then leave through the back of the semi circle. If you can leave backwards so still facing your audience this would be great, but please dont try this if it would be too difficult for you.
- Whilst the first pair are doing their individual dance to the count of 8, the next 2 'end' people should dance towards the front of the stage area to form the beginning of the new semi circle, with others moving into place behind them . The semi circle becoming smaller.
- Immediatelythe first couple have done their 8<sup>th</sup> beat jazz wave, the new end people will begin their own individual dance into the middle to the count of 8 and do a jazz wave on their 8<sup>th</sup> beat and then leave via the back of the semi circle.
- And so on, with the remaining people moving forward and performing thier own 8 beat dance until there is only one or two people left
- The last couple or individual will then do thier own individual dance into the centre for a count of 8 , take a bow or do some jazz hands and leave.
- The last person/s could do a longer solo dance if they fancied it.

And there we have it, routine completed.

Depending on the venue/audience etc will determine how all dancers leave the stage area. For example it might be to mingle with the audience and ask them to join in the dancing, or simply disperse flash mob style.

## **Annex**

### **Simple Step reminder**

#### **Stage 1**

- march on the spot, hand on hips until the 'singing starts'.
- 4 Hand Rolls. Right, left, right, left
- 4 Points, Right arm, left arm, right arm, left arm
- 2 Eyes, right arm, left arm
- 8 Staying Alive, 4 right, 4 left
- forward hand roll, backward hand roll, repeat
- position change followed by jazz hands

#### **Stage 2**

- 4 Hand Rolls
- 4 Points
- **4 Eyes** to fit with the music
- 8 Staying Alive, 4 right, 4 left
- 4 Hand Rolls, forward, back, forward, back
- Another position change and Jazz Hands,

#### **Stage 3**

- 4 Hand Rolls
- 4 Points
- NO EYES
- 4 Walks n claps
- 16 Thumbs

#### **Finale**

- Fan into semi circle
- Individual pairs for 8 beats, jazz hands on 8<sup>th</sup> beat, exiting back of semi circle
- Disperse

