

in motion Bird Dance

Source: Saskatoon *in motion*

Equipment: Bird dance music
CD player
microphone (for large groups)

Space: participants need space to move and swing their partner around during the chorus

How to:

- The bird dance is a fun way to point out that flexibility, strength and coordination are all part of being "*in motion*"
- Demonstrate the actions – replace the traditional Bird Dance actions with the *in motion* actions.

Bird Dance Action

in motion Action

Beak motion

Flexibility – stretch arms in the air

Wing flap

Coordination – lock fingers together in front and make a wave

Bum wiggle

Strength – do your best strong man pose

Clap

Clap

- The song starts out slow and then speeds up.
- Link arms with a partner during the chorus and swing your partner around.