

Wave Dance Phase

Action word	Describe the movement opinion	Body Base	Direction
Rush	<ol style="list-style-type: none">1. Start by standing with feet flat on the floor and arms at the sides of the body.2. Swing the arms forward and up above the head, creating a curved shape while running forward.	Feet	Forward and up
Swish	<ol style="list-style-type: none">1. Start by lying on your back with arms at the sides of the body.2. Swing the arms from side to side or use the arms to make small circles.	Back	Side to side
Splash	<ol style="list-style-type: none">1. Start on your knees or by sitting in a chair.2. Slowly raise arms up above the head and quickly drop them back down to the floor.	Knees	Down