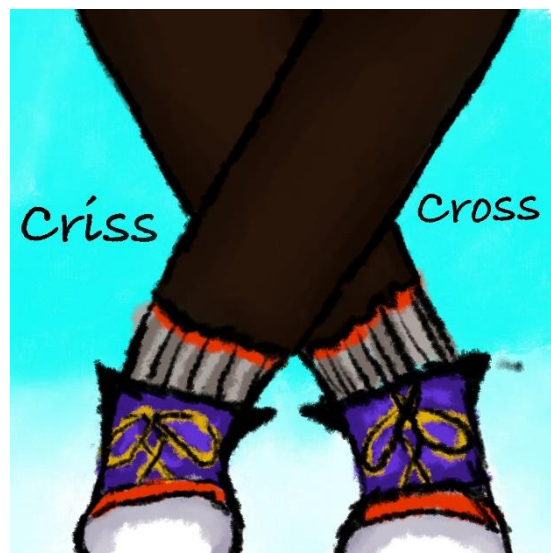


**Create your own 'Ceilidh Jam' to bring
some laughter and joy into your day!!**

**By Natasha Khamjani (created on 5th July 2021
for Buckinghamshire Culture)**



First, here is a link to an energising warm up with me – Natasha Khamjani!

It can also be performed sitting down and can be adapted to suit your ability or group – <https://youtu.be/YNR96TbXtO4>

Next, here is a video of moves that are listed below so you can see them for yourself. Again, please do adapt them for yourself! - <https://youtu.be/GyNwh70Adk0>

Lastly, here is a relaxing cool down for you after all your hard work! It's important to cool your muscles down and have a stretch before you carry on with your day! Please do adapt these moves to suit you - <https://youtu.be/UpHImmPzrqo>

Ceilidh Jam Deck of Cards

Here is a description of the moves, and some images, that you can use to create your own Ceilidh, print them out and cut them out so they are on their own. All the moves can also be performed sitting down and can be adapted to suit your ability or group. It's best to work in groups of 4 – 6 and listen to each other! Work as a team! Remember that the most important thing is to have FUN (serious fun)!

1. **Back to Back** – Travel around each other and make sure you don't change direction and that you pass back to back!



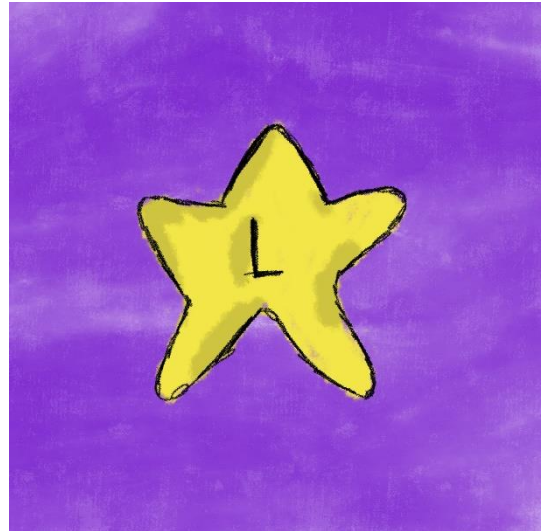
2. **Secret Handshake** – With your partner or in a 3 or even a 4 create a quirky secret handshake – start with high 5's and low ten's then use your feet, twists, turns and jumps to get creative, anything goes!



3. **Right Arm Star** – With your group put all your right arms into the centre of a circle and travel around. You could do folky skips or funky street dance walks.



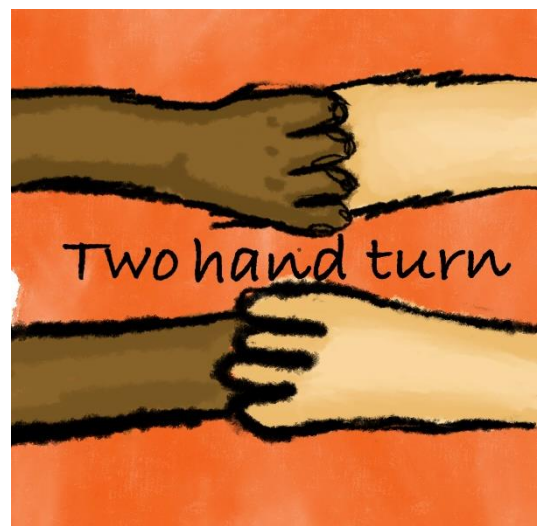
4. **Left Arm Star** – Same as above but with the other arm.



5. **4 Skips Forward** – Travel forward doing 4 folky skips, you can hold hands in a line or go on your own.



6. **2 Hand Turn** - grab a partner's hand and circle/swing around for 8 counts, try going the other way for 8 counts too. You could also do this in a funky walk style.



7. **Funky Chicken** - I show this in the warm up – travel backwards flapping your arms like a chicken, bend your knees and use your ribs and bounce. Try single steps back and doubles.



8. **Criss Cross** – Like a star jump but cross one leg in front of the other and then jump back out. Try it fast with a boogie/bounce in between. Really bend your knees and get your arms involved. Swap over the leg that crosses over on front. Try changing direction if you do 4 – one to face each wall in the room. If seated, try it with your arms.



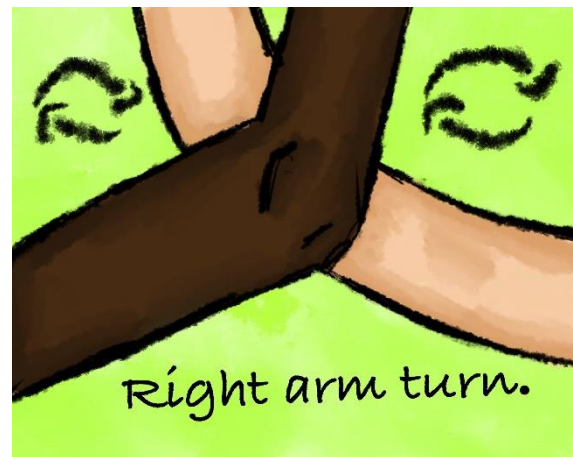
9. **Smurf** – Punches forward, one arm at a time, make this a strong movement. Two bounces of the knees to each punch if possible.



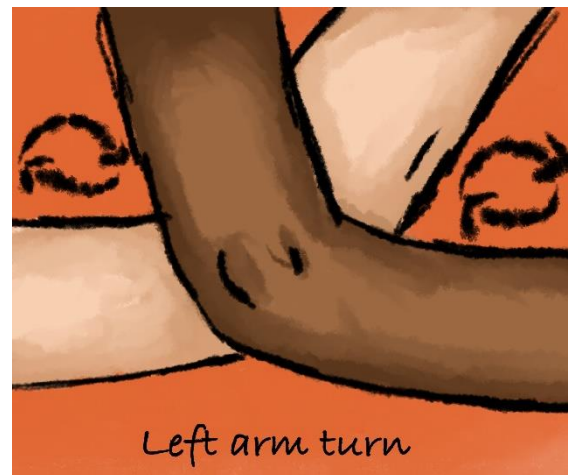
10. **Slide** – Easy slides as if you were skating on a lake, bouncy and smooth at the same time! Add the ‘Bart Simpson’ arm in which I show in the video if you can!



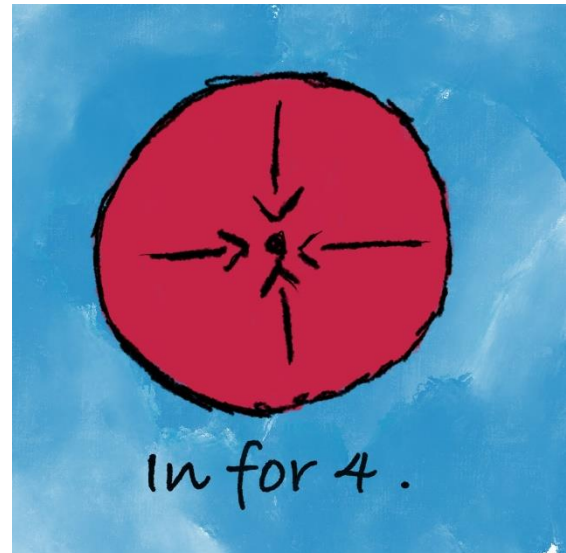
11. **Right Arm Turn** – Face a partner and both use your right arms, link them at the elbows and both travel round in a circle. You can skip or do funky walks! Try 8 in one direction.



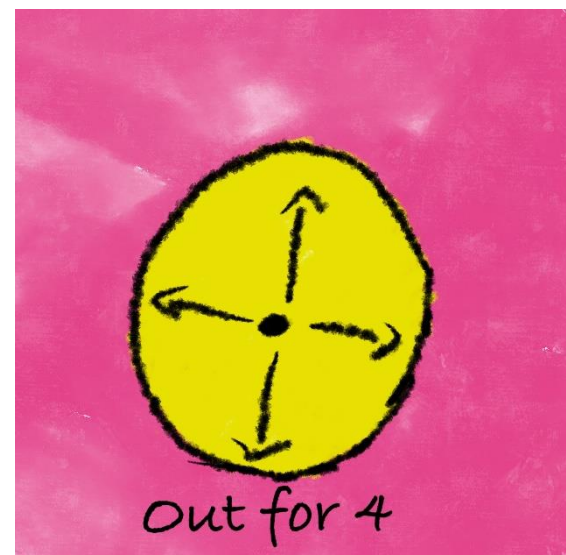
12. **Left Arm Turn** – The same as above but travel the other way. Maybe if you have skipped around to your right then do the funky walks to the left!



13. **Travel in for 4 with a 'Wooh!'** - Start in a circle (you can be holding hands if you want) and travel in for 3 and do a big loud '**Wooh!**'. You can skip in or funky walk in.



14. **Travel out for 4 with a 'Oh Yeah'** - Comes straight after you have travelled in for 4 as above...Funky bops out back into the circle and yell out '**Oh Yeah!**'.



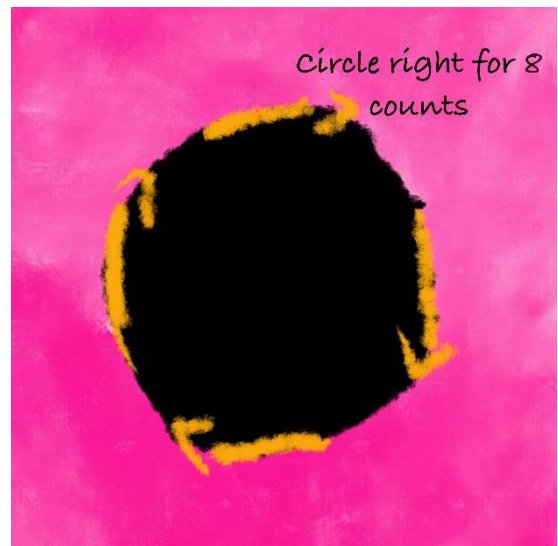
15. **Freestyle** - Do anything you want! Free Your Style!! Use some of the steps from the warm up if you are stuck...but just listen to the music and express yourself!!



16. Jump Kicks – Exactly what it says –
Jump with both feet together and
then kick one leg forward, jump
again and kick the other leg
forward.



17. Circle Round to the Right for 8 – In
a circle either holding hands or not
– skip or funky walk for a count of 8
or 16 counts.



18. Circle Round to the Left for 8 – The
same as above but go the other way!



19. **Strike a pose** – You might travel into the centre of the circle and instead of shouting ‘wooh’ you might strike a fabulously cool pose! Think selfie to the max!



Music and ideas -

Here is a link to a track you can use by the company that I am Co Director of – Folk Dance Remixed, you can also use some of the moves we do for inspiration – <https://youtu.be/HI2-oJ-IJkM>

Here is a ‘Solo Ceilidh Jam’ video we made up for Outdoor Festivals in the pandemic with the same company - Folk Dance Remixed – <https://youtu.be/ktNRpIKVRao>

www.folkdanceremixed.com

Thank you for taking part! We hope you had fun.

You can share pictures or films of your moves on social media using **#SummerOfStories**

Or via our Story Form on our website:
www.buckinghamshireculture.org/Summer-Of-Stories

You can also learn more about our project and how our artists are taking inspiration from stories shared by people across Buckinghamshire on our website.



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