

02 Forward and Back

Timing

8

Starting formation

Facing Dancers

Dance action

The addressed dancers take 3 steps forward, pause, place the unloaded foot and then take 3 steps back again and pause. The backward movement is started with the unloaded foot. Pairs maintain their hand connection.

Wheelchair users move forwards and backwards.

Ending formation

Facing Dancers

Styling

In pairs or lines that meet in the middle, the end dancers can touch or clap each other with their free palms (palms flat, fingers pointing upwards).