

rock 'n' roll

Get the kids in pairs, start the music and let the fun commence!



An introduction to rock 'n' roll

This dance form is incredibly easy to pick up, and really good fun. It's also a great way for kids to make friends or to break the ice at parties.

Footwork is kept simple – the man spins the lady a lot and there are occasional low-level acrobatic moves. 1950s films are a great place to start for inspiration.

Suitable for: Girls and boys of all ages.

Equipment: None – although some 1950s style outfits could add to the fun.

Music: Most homes will have some rock 'n' roll music – on record or CD.

Space: Children will need room to spin each other around freely.

Safety: Make sure the room is clear of objects with sharp edges or things children can trip over. A little warm up is important, to avoid the risk of pulling a muscle or feeling sore afterwards. Try a few jumps and shakes of the body, tensing and releasing muscles, in time to the music.



rock 'n' roll moves to try

The beauty of rock 'n' roll is that you don't have to worry too much about learning particular steps – it's more about listening to the music and feeling the rhythm.

Start with feet together, facing each other and holding right hands.

1. Step back with your left foot then shift your weight back onto your right foot
2. Kick your left foot forward and step onto it
3. Now repeat on the other side, starting by stepping back onto your right foot then shift your weight back onto your right foot
4. Kick your right foot forward and step onto it

Once you've got the hang of it, try turning out to the side as you kick and spinning your partner round.

