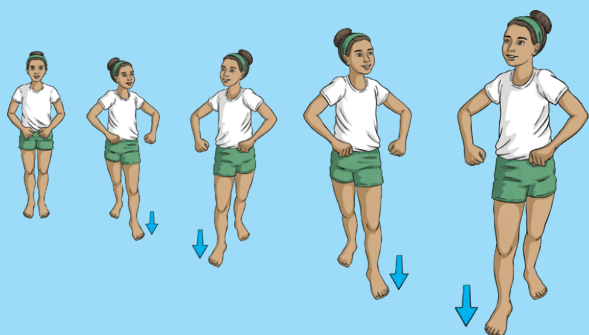


# Move at Home: VE Day Dance Workout

Use this workout to celebrate VE Day with some of the most well-known dances from the pre-war and war years.

## The Lambeth Walk

The Lambeth Walk is a walking style of dance that was very popular just before, and then during, the Second World War. The song 'Doin' the Lambeth Walk' and dance first featured in the 1937 British musical, 'Me and My Girl', which was turned into a film, 'Lambeth Walk', in 1939. Lambeth is a district in central London. At the time, people who lived there were sometimes referred to as 'Cockneys'. The dance's creator, Lupino Lane, described it as "...an exaggerated idea of how the Cockney struts". Find the Lambeth Walk song online and then try the walking steps and the thigh slapping actions below in time to the music.



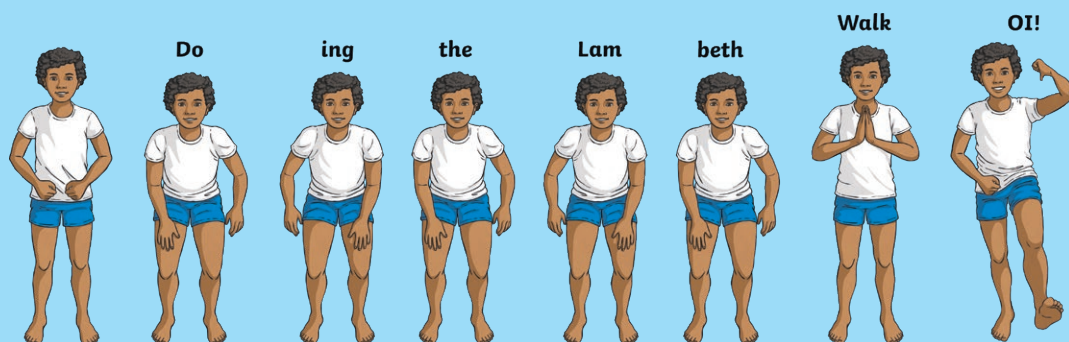
### The Cockney Strut

- Walk forwards in time to the music, exaggerating each step.
- As you walk, swing one shoulder forwards and then the other so that your elbows lift away from the body as you step.
- Alternately, you can put your fists on your chest as if you were holding on to imaginary braces.

### The Thigh Slaps

- To the lyrics of 'Doin' the Lambeth Walk', you can pause, squat down slightly and slap your hands on to your thighs on each syllable.
- On 'Walk', clap your hands.
- On 'Oi!', stand upright, clench your fist and stick up your thumb. Then raise your arm so that your elbow points forwards and your thumb reaches backwards over your shoulder.

If you are dancing with a partner you can face each other for this.

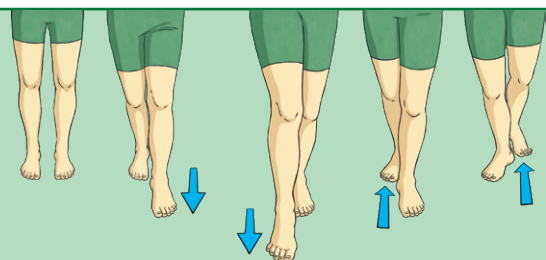


# The Charleston

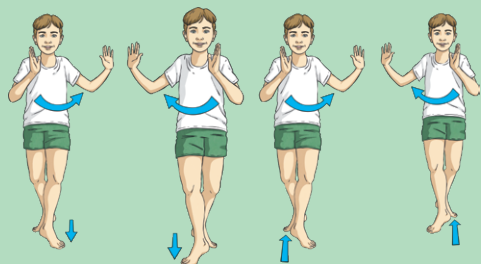
After the First World War (1914-1918), new music, fashions and greater freedom enabled lively new dance styles to develop alongside more traditional dances. One of the new dances of the 1920s was the Charleston. It was fast-paced and fun! Have a go at the feet and arm movements shown below and then try to combine them. Why not find the Charleston music online to dance to?

## Step and Tap

- Begin by standing with your legs about hip-width apart.
- Step forwards on to your left foot.
- Bring your right leg forwards. Tap the ground in front of your left foot with the ball of your right foot.
- Step your right foot back again behind your left.
- Tap the ball of your left foot back behind your right leg.
- Repeat the sequence.



Once you are confident with the step-tap sequence, try lifting your heels and performing the moves on the balls of your feet.

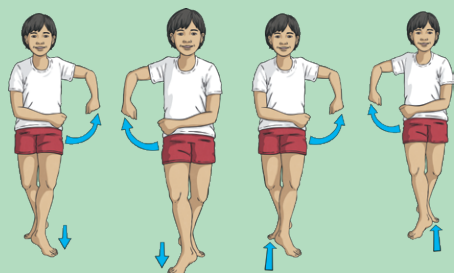
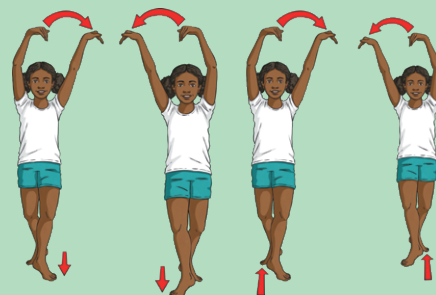


## Arms 1

- Bend your hands up from the wrist so that your palms face forwards and out.
- As you step and tap, sweep your arms from side to side, keeping your palms lifted to face the front.

## Arms 2

- Raise your arms above your head and swing them from side to side as you step and tap.
- Each time your arms change sides, bend your hands down from the wrist and point your fingers down towards the ground.



## Arms 3

- Clench your fists and bend your arms. Point your elbows out in opposite directions.
- As you step, sweep one elbow up towards the ceiling so that your fist is pointing down towards the ground.
- At the same time, bring the other arm across the body so your fists are almost at a right angle to each other.
- Repeat the arm movements to the opposite side on the tap.

# The Charleston

Despite the outbreak of the Second World War in 1939, people across the world did not stop dancing. Dance halls in the United Kingdom were extremely popular with young people who relished the opportunity to escape their everyday worries and learn all the new dance crazes.

During the 1930s, dance elements from the Charleston and other dance forms, such as tap and the Waltz, were brought together into new energetic dance styles which were danced to swing music. The Lindy Hop, often thought of as the first swing dance, was first danced to jazz music in Harlem, America around 1928. It combines traditional dance steps with exciting acrobatics and 'breakaway' sections, where couples separate and improvise their own moves. The Lindy Hop was popular during the war when American soldiers danced it in the British dance halls.

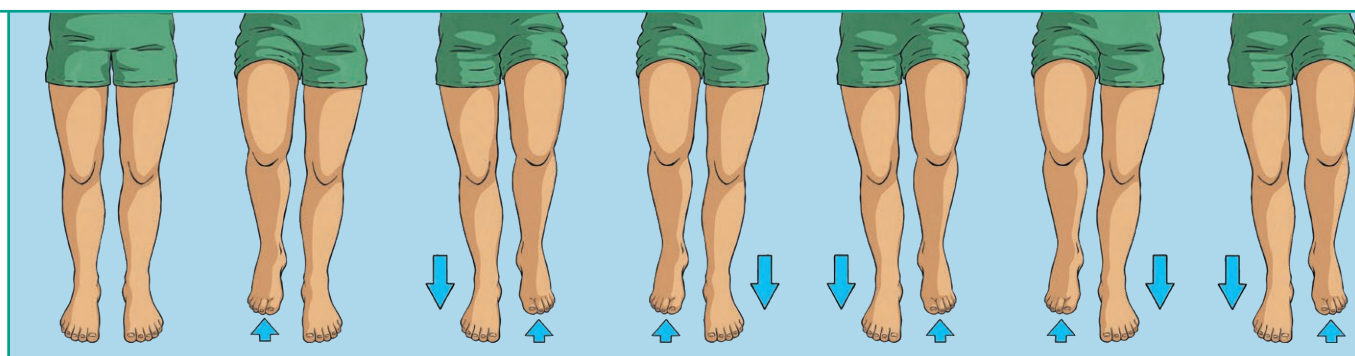
Try these actions to dance the Lindy Hop individually and with a dance partner. Why not find the Lindy Hop music online to dance to?



## Individual Dance

### 1. Rock-Step, Triple-Step

- Start with your feet about hip-width apart. Shift your weight over to the right and step on to the ball of your right foot. Then, shift your weight to the left to step on to your left foot. This is the rock-step action.
- Next, step on your right foot, quickly back on your left foot and then on your right foot again to create three small steps (in the space of what would be two normal steps). This is the triple-step.
- Repeat the steps but this time you will begin with the opposite foot.



Continue practising the steps in place to get used to the rhythm and weight placement.

These basic steps form the building blocks for the Lindy Hop dance. They can be performed moving forwards, backwards, sideways or even while travelling in a circle.

Kicks, jumps, spins and other tricks can be added to the basic steps to create variety over time.

## Individual Dance

### 2. Moving Forwards and Backwards

- Repeat the basic rock-step but on the triple-step travel forwards.
- On the next rock-step, shift your weight forwards (for the rock) and then step backwards.
- Then, perform the triple-step travelling backwards.

Repeat the sequence, moving forwards and backwards alternately.



## Partner Dance

When dancing the Lindy Hop with a partner, one person is the lead and the other the follower.

The lead puts their arm around their partner's waist while the follower places their hand gently on their partner's shoulder.

Practise performing the rock-step, triple-step forwards and backwards, keeping in time with your partner.

You will need to coordinate your movements so that one partner moves forwards while the other moves backwards.

Once you are comfortable dancing side by side, you can try some turns.

## Partner Dance

### Turn 1

- The person who is the lead can try rotating from the side of their partner to face them during the triple-step.
- Keep contact in the arms but the lead can slide their arm across the back to the near side of the waist.
- The follower can slide their hand gently from their partner's shoulder and down the arm instead.
- While facing one another, the partners can loosely hold hands with their free arms if they choose.

## Partner Dance

### Turn 2

- Perform the rock-step side by side with your partner.
- Then, on the triple-step, both rotate to face each other while letting go with the arms.
- Catch hold with the arms again on the opposite side of the body for the next rock-step.
- You should now be facing the opposite direction.

