

## Hello Goodbye

Music	Melle Weijters
Dance	Maria Speth
Time	6/8
Intro	4 bars
Formation	sitting in an front circle (in pairs) with crossed legs
Target group	suggested 4 – 10 years



### Background Information

- a sitting dance to be used as starting point or closing to your dance lesson, but also a good way to begin or end your day. Naturally, the text needs to be applied.
- Two variations are described, one for the younger pupils and one for the ages of 7 – 10 years.
- This is a playful coordination practice, in which particularly the 7 – 10-year-olds discover mirror imaging and working with left or right.

### Dance Structure

#### Bars

Variation for the 7 – 10-year-olds

Intro 4 bars 4/4 and 4 bars 3/4 (tip: count the bass beat)  
1 – 8 the pupils transfer from leaning forwards to sitting straight

1 – 2 leaning forwards to sitting straight  
3 – 4 repeat the previous bar  
5 – 6 bow to one neighbour, bow to the other neighbour  
7 – 8 repeat bars 5 – 6  
9 reach your right hand out at an angle  
10 cross the left hand over the right  
11 – 12 repeat bars 9 – 10 and take both neighbours hands in the last bar  
13 – 16 4 times, rock back and forth, start with the right

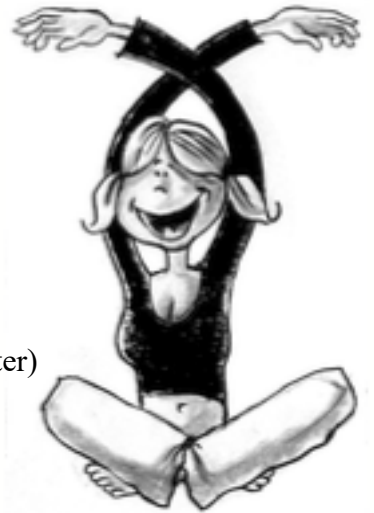
Variation for the youngest pupils

Intro 4 bars 4/4 and 4 bars 3/4 (tip: count the bass beat)  
1 – 8 the pupils transfer from leaning forwards to sitting straight  
(and if desired: stretch out with both arms above their heads)

1 – 2 leaning forwards to sitting straight  
3 – 4 repeat the previous bar  
5 – 6 bow to the left and to the right and wish your neighbour a good day  
7 – 8 repeat bars 5 – 6  
9 put your right hand forwards with the ‘thumbs up’  
10 the same with the left hand  
11 reach your right arm up with an open hand  
12 the same with the left hand  
13 – 16 wave with both arms above your head

### Example of support text

Intro	4 bars 4/4 and 4 bars 3/4 (tip: count the bass beat)
1 – 8	intro: instruct how to sit straight
1 – 2	good morning (or: See you later)
3 – 4	repeat 1 – 2
5	Hello to one neighbour (or: good morning, see you later)
6	Hello to the other neighbour (or: good morning, see you later)
7 – 8	repeat 5 – 6
9	Now we will dance (right thumb) (or: Now we've danced)
10	Now we will dance (left thumb) (or: Now we've danced)
11	and now... (right arm up)
12	much more... (same with left)
13 – 16	Hello everyone, hello everyone, here we are again! (or: 'til next time)



This dance is repeated 3 times in its totality, then it is followed by an interlude of 8 bars in which everyone bows and comes straight again (just as in the intro). Afterwards the dance is repeated twice and followed with a closing (outro).

### Tip

Bowing to greet your neighbour does not necessarily need to begin right and move left, you may also allow for the element of surprise. Naturally you may divide the circle into pairs where the pair bows first to each other and then to their contra partners.

