

## THE LEAP

Chor. Paul Boizot, 2005 approx. Music; The Leap by Bob Minney, from album Lifecycle. Sunnara Vivian and Rikki Pearshouse have also choreographed to this music. The original is quite long for a lively dance – I have used a shortened recording.

Arms V. Formation; circle. Rhythm 4/4 - each step is one beat.

1.  $\rightarrow$  R, hop R, L, hop L;  $\circ$   $\rightarrow$  sR, Lxf, sR, Lxb.      x 2

2.  $\rightarrow$  small running steps (curving slightly into centre) with an optional leap on the 5th step R, L, R, L; R, L, R, L;  $\circ$  zigzagging in - in diag. R,  $\circ$  touch L & clap, in diag. L,  $\circ$  touch R & clap,  $\circ$   $\downarrow$  straight back R, touch L, L, touch R.

Paul Boizot, revised 16.03.18