

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 (poss. 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 clap, in diag. L, \circ clap, \circ \downarrow straight back R, touch or stamp L, L, touch or stamp R.

Paul Boizot, revised 18.01.13