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**Fjaskern**

Dynamic Warm-up Dance

Music is traditional Swedish [[iTunes Link](https://itunes.apple.com/us/album/fjaskern/id459845807?i=459845845)]

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| **Movement Name** | **Movement Description** | **Counts** |
| Walk | When the music begins, both circles walk counterclockwise, stepping on each beat and beginning with the R foot. Partners remain next to each other as they walk. On the 8th count, turn to face the other direction. | 1-2-3-4-5-6-7-8-1-2-3-4-5-6-7-8 |
| Both circles walk clockwise, stepping on each beat and beginning with the R foot. Partners remain next to each other as they walk. On the 8th count, partners turn to face each other. | 1-2-3-4-5-6-7-8-1-2-3-4-5-6-7-8 |
| Heel Touches | Touch the R heel out in front and then step it back in. Touch the L heel out and step it back in. Repeat. | 1-+-2-+-3-+-4-+ |
| Clap on 5. Partners walk toward each other, passing on the L and switching places in the circles. | 5-6-7-8 |
| Repeat 3 more times. | 3 counts of 8 |
| **Repeat these movements as the tempo gets faster and faster.**  **Challenge: the last time students switch places in the circle, the partner on the outside circle moves forward as well so they can begin with a new partner.** | | |