

LEAP FOR JOY

Choreo: Ruth Casey

Music from CD: Women's song of God

Rhythm 4/4

About the dance: It's easy enough for people who have come recently to our circle dance family. It's joyful and not too long!! When I teach it, I ask the group to think about something that gives them joy. Sometimes we precede it with the Round of Names and each person says their joyful thing.

Part 1 x 2

Facing Centre in V hold

Side R, close L side R, touch L / mirror to left x 2

LOD 7 small running steps lightly to the R (R L R L R L R)
mirror to left begin with the L foot.

Facing Centre Sway x 8 R L R L R L R L

"Leap for Joy" to centre, step hop on R, walk back 3 slow steps L R L

Part 2

Pair up so that each person knows which way they will be travelling!
for the grand chain. Pass 8 people using 8 slip steps!

After the 8 slip steps, 4 slow steps to centre raising arms, 4 sways,
4 steps back, lowering arms (words as you go to the centre are
"Then all my living will be true to you "

Repeat part 1 with extra leaps

"Leap for Joy" forward on R, step hop on R, 3 slow walks back L R L
x 3

Finale: stand with feet together, knee bend, release knees, stretch
arms with a flourish final word JOY!