



THE BOWERBIRD DANCE

Use the instructions below to do the Bowerbird Dance (you may know it as the chicken dance).

Step 1:

Turn on some music with a good beat such as the Chicken Dance song.

Step 2:

Holding your arms out before you, form your "bird beaks" by pressing your fingers and thumb together, opening and shutting your hands like the beak of a bowerbird.

Step 3:

Open and close your beaks four times in time with the music.

Step 4:

Putting your thumbs in your armpits, flap your elbows as if they are wings. Repeat this motion four times in sync with the music.

Step 5:

With your hands at your hips like the feathers of a bird, move your hips to the left and right as you bend your knees to bob up and down in time to the music.

Step 6:

Stand up straight and clap four times with the music before repeating the dance again.



Follows a sequence of steps to create a dance.



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