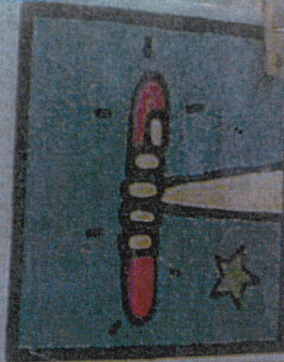


# Dough Disco Moves

## Move 1 Squeeze

Warming up the dough by simply squeezing in one hand and then passing the dough to the other hand and squeezing it as hard as possible again. This move needs to be repeated about three times in each hand. I also 'squeeze' in between different moves, like after a sausage or piano and before a ball!!!



## Move 2 Ball it!

Place the Disco Dough between your two palms and roll!!! Keep going till your dough forms a ball shape. In winter call it a snowball, in summer a beach ball...! The ball comes before we 'smack it' - move three. It is also essential before we dive our fingers in. The ball is essential for palm awareness.



## Move 3 Pat it!

Take the 'ball' move 2 and flatten it with the other hand. Swap hands so both sides of the dough pancake get flattened. This gives you a dance floor in which the fingers can take turns at dancing on!



## Move 4 Single Fingers

Take each finger in turn and dance on the flattened Disco Dough dance floor. Call them the correct names! Go Tommy Thumb! Go Peter Finger! Go Toby Tail! Ruby Ring do your thing! Baby Small he's the best groover of all! Change hands and then let the other fingers go to the Disco. Don't forget their names as well. Saying the names helps young children gain more awareness over their fingers. A friend of mine's daughter loved Dough Disco and even when she fell and hurt her fingers she'd say 'I've hurt Toby and Peter!'



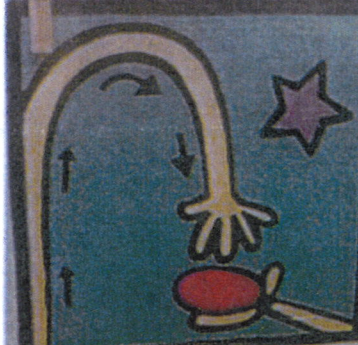
## Move 5 Sausage

Place the dough between two palms and push the palms together tight. A rubbing action is made to lengthen the dough. See how long the children can make the sausage and then use the dough sausage to make a trumpet, or see move 8 The piano.



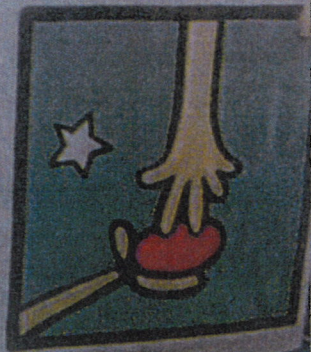
## Move 6 Diving

You will need to 'squeeze' (move 1) and 'ball it' (move 2) before you dive! Once you have a Disco Dough ball say 'shall we take our fingers for a dive?' Then dive each individual finger into the dough ball shouting 'WOOOO!'. Change hands but in between give your dough a quick roll then your other hand can dive each individual finger in.



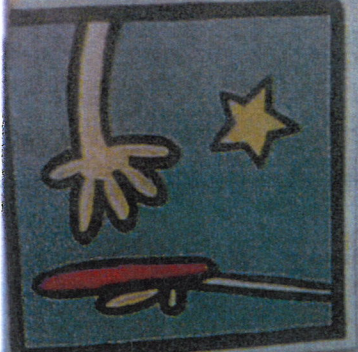
## Move 7 Two Finger dancing

Repeat moves 1, 2 and 3! So you have a dough dance floor! This time two fingers dance with each other. Try Tommy and Peter, Toby and Peter, baby Small and Peter... Don't forget the other hand needs a turn as well.



## Move 8 Piano

You will need to do move 5 first and then place your wrist. Using your free hand get the fingers to press into the dough like you are playing a piano. A great tune to do this to is Cradle Rock by Elton John!



## Move 9 Making a pizza

You will need move 2 to start this. Place your ball between your hands. Press your hands gently together so it makes the ball flatter. Then use your thumbs and fingers and slip... pinch the dough in a circle action. Say 'what are we making?' 'Yes, a pizza!' lay it flat on your hand and show it to your friend. You can then gently tap your fingers onto the pizza to add toppings of choice!



## Move 10 Dough-Nut

Like the pizza start with move 2 and press the ball flat with your two palms. Then using your thumb and a finger slip the centre of the circle until your finger or thumb go through the middle. Push your thumb through the hole and show everyone your Dough-Nut!

