

## **IncludFEST Durham – FINALE HOEDOWN INSTRUCTIONS**

*Stand facing your partner, hold hands with arms outstretched*

*With the leg in the inside of the circle*

Tap your heel on the ground, then you toe, then heel, then toe

Slide into the centre of the circle 4 times

*With the leg on the outside of the circle*

Tap your heel on the ground, then you toe, then heel, then toe

Slide back out to the edge of the circle 4 times

*Facing your partner and letting go of hands*

Clap RIGHT HANDS together 3 times

Clap LEFT HANDS together 3 times

Pat your THIGHS with BOTH HANDS 3 times

Clap BOTH HANDS together 3 times

*Using your RIGHT elbow*

Join arms and complete a full circle

*With no arms*

Pass your partners on the left side and face a new partner ready to start again