

Syp Simeon

(Russian/Netherlands)

Participatory dance for audiences and children

Can be done sitting or standing

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| Bar 1 | 4 slaps on knees with both hands |
| Bar 2 | 4 claps in front of body |
| Bar 3 | 4 "over unders" (palms flat, facing down, R hand over L, cross hands keeping them parallel to the ground, and uncross. Repeat 3 more times) |
| Bar 4 | 4 fists (put hands in fists, thumbs up. Bang R fist over L, then L over R, R over L, L over R) |
| Bar 5 | 2 "fire crackers" (grab R elbow with Left hand (ct 1), push up, making R hand finger open out like an explosion (2), repeat other hand) |
| Bar 6 | Make 2 rowing gestures to the Right, followed by 2 to the Left |
| Bar 7 | "Making faces" splay hands, with thumbs pointing towards face. One thumb touching the nose, the other touching side of first hand (1) bring splayed hands to ears (thumbs touching ears) (2), repeat (3,4) |
| Bar 8 | Slapping your hands up and down do 3 claps, followed by sticking hands in the air and say "Hey" |