

## ***Warm ups***

Warm-ups prior to dancing class are intended to prepare muscles, tendons and joints for motion.

Although some may try to avoid the "warm-up" the "warm-up" is to prevent injuries sustained from dancing.

The most common injuries are strains and sprains usually of the knees, ankles or feet.

The warm up should mimic the demands placed on the body by dancing. The warm up should be practical, with stretches of the lower body, balance and co-ordination exercises designed to improve your dancing technique. Movement of the upper body should also be included, since SCD involves the arms as much as the lower body. In a perfect world the warm up should last 10 minutes however we usually move for less than 5 minutes.

Blood flow and oxygen exchange is enhanced by motion and the synovial fluid in the joints is stimulated.

Teachers spend time preparing the warm-up as much as the lesson, with music selection and a pattern of motion which is intended to be fun and practical. It is also a social time where everyone is gathered in a circle (usually) and we can share information and see the whole class.

So.. .try to enjoy the warm-up and participate.

**Hazel MacDonald**