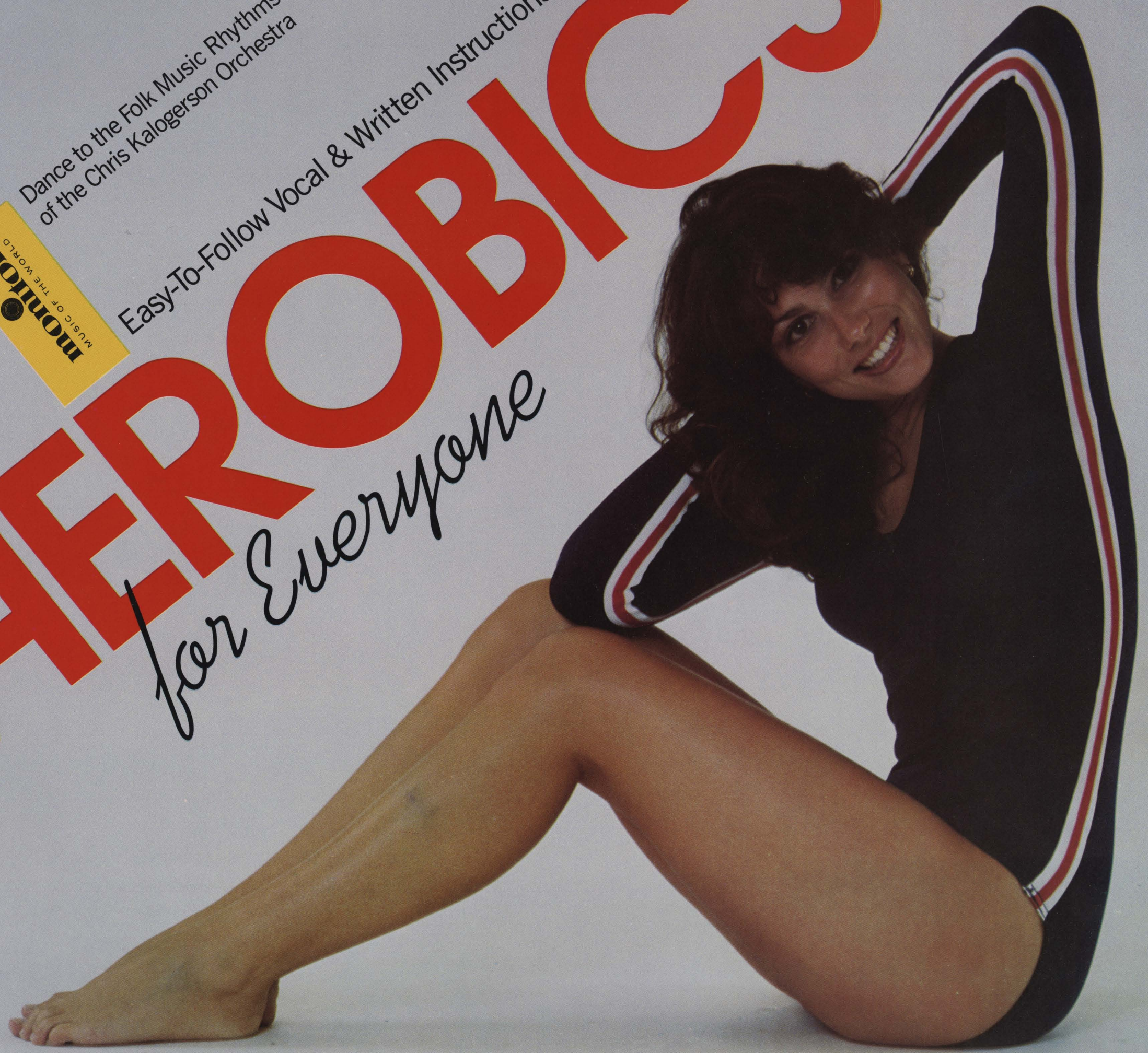
MFS 816

Dance to the Folk Music Rhythms
of the Chris Kalogerson Orchestra

Easy-To-Follow Vocal & Written Instructions

AEROBICS

for Everyone



MUSIC OF THE WORLD

DESIGN: EDWARD BUXBAUM

Illustrated Booklet Enclosed
Easy-To-Follow Vocal Instructions

LP: MFS 816
Cassette: 51816

AEROBICS for EVERYONE

Program Includes 10 Warm-Up Exercises / 10 Dance Routines / Cool Down

All Steps Explained in Detail

MUSIC WITH VOCAL INSTRUCTIONS

Side One

WARM-UPS: TWO GUITARS (3:26)
HAVAH NAGILA (3:10)
LIECHTENSTEIN POLKA (3:06)
QUANDO QUANDO (2:58)
MEXICAN HAT DANCE (3:00)
LA CUCARACHA (3:03)

Side Two

THOSE WERE THE DAYS (2:56)
MIDNIGHT IN MOSCOW (2:43)
KOROBOUSHKA (2:45)
IRISH WASHER WOMAN (2:02)
TARANTELLA (2:45)
COOL DOWN: STORY OF SORRENTO (2:48)

With the assistance of Ki McCue, choreographer and aerobic dance instructor, this album was made to help everyone to physical fitness regardless of age. Aerobic dancing strengthens the heart and lungs, tones up skeletal musculature and develops endurance. In addition, it's fun and an excellent means of communication.

The variety of ethnic music makes you want to move and the routines appeal to all ages. The album ends with a cool-down that reduces the pulse rate and allows everyone to feel relaxed. AEROBICS FOR EVERYONE is a great co-educational physical activity that you and your friends will appreciate. The recording has easy to follow voice cues. An illustrated booklet with easy-to-follow directions by Lia Kalogerson is included.

As with all strenuous exercise programs it is suggested that you check with your physician as to your fitness before beginning this program, particularly if you lead a relatively inactive life.

Music by the CHRIS KALOGERSON ORCHESTRA
Recording Produced by Chris Kalogerson
All music Miro Music Inc. (ASCAP)

Choreography by Ki McCue
Aerobic Dance Illustrations by Lia Kalogerson
Cover Photo: Dennis Hallinan/FPG

For free listing of music for dancing and listening write: MONITOR RECORDS, 156 Fifth Avenue, New York, N.Y. 10010

Made in U.S.A.

AEROBICS FOR EVERYONE

Program Includes:

1. 10 Warm-up Exercises.
2. 10 Dance Routines.
3. All steps to dances explained in detail.

All dances should begin with a short warm-up jog which is specified before each dance begins.

All steps should begin with right foot just to make it easier and more understandable.

Be sure to include both warm-up and cool down exercises in your program to prevent injuries.

Warm-Ups
(Two Guitars)

Head Circles: Standing, arms at side, rotate head and neck to right 10 times and repeat to left.

Shoulder Shrugs: Standing, arms at sides, roll shoulders forward and back.

Arm Circles: Standing, arms out to sides, circle arms in a wide movement forward and back.

Side Bends: Standing, hands at waist, right arm comes over head and stretches side of waist. Repeat to the left.

Tip Toe Stretch: Standing, arms over head, up on toes, extend right arm over head then left, continuous movement.

Bounces: Standing, bend at waist with hands on hips.

Toe Touches: Bend over and touch toe, 3 counts left and right.

Hamstring Stretches: Sitting, right leg stretches in front of you, left leg bent, knee and ankle on floor. Stretch forehead to knee (leg which is straight) and hold.

Point and Flex: Sitting, point toes and flex, hold for 2 or 3 counts.

Side Bends: Reach up with arms over head, bend at waist and down to toes, or through legs.

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1. Havah Nagila

This dance can be done in a circle with a group of people or by one's self.

Intro: Jog 16 counts.

Pattern 1: 1 Time. Can can right, and left. Circle elbow touch right, left, right, left.

Pattern 2: 4 slides to the right and back to the left. 2 times jog forward 3 and back 3, forward 3 and back 3 (in circle jog to the center). Jog 8 after forward and back jogs.

Pattern 3: Heel to heel right, left. First time thru one heel to heel to each side. Second and third time thru 8 heel toe heel 4 to each side.

Repeat Dance.

2. Liechtenstein Polka

Intro: Jog 8 counts.

Pattern 1: 2 Times. Kick jump apart jump right, left. Polka 5 right, left, R, L, R.

Pattern 2: 1 Time. Skip right 4 and back, skip left 4 and back. One kick jump apart jump and polka 5 steps.

Pattern 3: 1 Time. Pendulum 8, Pony 4, Pendelum 8, Pony 4, Run forward 4 and back 4.

Repeat Dance.

3. Quando Quando

Intro: Jog 16 counts.

Steps are listed singly in this dance.

Jog, arms go up and down to beat 4 times over head, arms 4 times over head, arms 4 counts out to the side, and arms down 4 counts to the ground. Repeat again.

Knee slaps 4 to right and 4 to the left, R, L.

Kicks, 8 to each side right, left, R, L.

Side jumps 4 right and 4 left, R, L (with feet together).

Pendulum 4 right, left, right, left and jog 4, repeat 4 times.

Break 4 in a circle and clap in place 2 times.

Start from the beginning. Repeat dance until end of music.

4. Mexican Hat Dance

Pattern 1: 2 Times. Jump kick right, left, R, L. Hopscotch 4 right, left, R, L.

Pattern 2: 2 Times. Running to the right, run, run, run, clap, reach, clap, reach, clap. Repeat to the left.

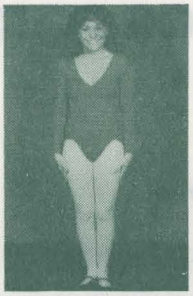
Pattern 3: 1 Time. Kick forward 4 kicks, back 4 kicks. Kick forward 4 kicks, back 4 kicks.

Pattern 4: 2 Times. Heel toe heel to the right, left.

Repeat Dance.

(Continued on page 4)

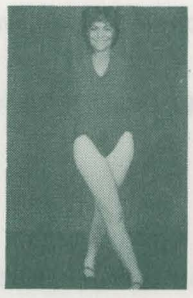
Aerobic Steps


Jumping Jacks: Standing, feet together, hands at side, jump in a straddle with feet apart and arms over head, and back to beginning position.


Rock: Standing, pick up right foot, step on it forward with a hop, back on the left, forward on right back on left with a continuous movement, to switch sides, jump on both feet together and pick up left foot and begin the same movement.


Hop Scotch: Jump on both feet, shoulder width apart. Bring right foot up behind body by bending at the knee and touch foot with left hand. Jump again and repeat process with left foot.


Scissors: Standing feet together, hands at side, jump and move both feet out to either side and arms come out to side. Bring to a crossing position in front. (Cross right over left first time then after going out to sides again, cross legs in front of right.) Repeat movement by straddling feet to either side again and crossing left in front.


Twists: Feet together, jump turn feet to the right as arms twist to left, repeat by jump and turn to left and arms to right. Again continuous movement.

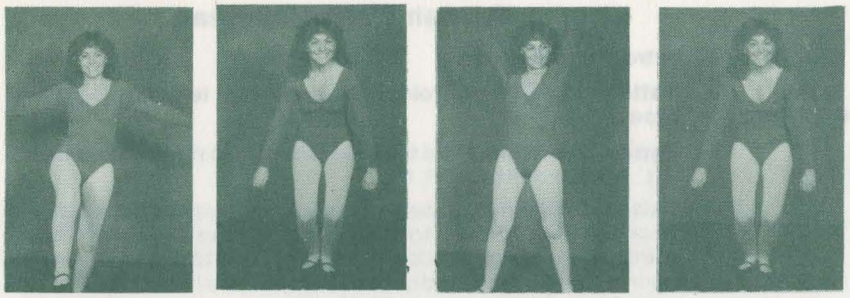

Pendulum: Feet are shoulder width apart, put weight on right foot and change to the left, back to right and left again in a rocking motion.



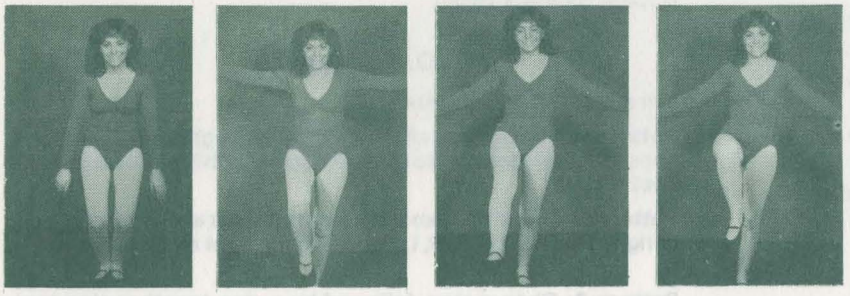

Step Turn Step: Step right, turn to face back with left foot, and step with right foot to face front. Repeat left.


Circle Elbow Touch: Bring right knee up and touch with left elbow, bring both feet down and switch. Bring left knee up and touch with right elbow. Step is done in a circle in place. 4 touches to right, alternating R and L touches. And 4 to Left.


Knee Slaps: Jump, feet together bring right knee up and slap thigh with both hands, jump again with both feet and bring left foot up, slap. Repeat.



Kick Jump Apart Jump: Kick right foot forward, then jump on both feet, then straddle both feet, and bring them together again. Begin again with the left foot.



Jump Knee Kick Knee: Jump on both feet first and pick up your right knee kick it out and bend it again. Repeat to the left.

Lunge: Standing, feet together, right foot comes out to side and left foot points to left side. To change sides bring both feet together in the middle. Repeat other side and lunge left. (This step can also be done with 3 jumps in between.)

Rock Back: Same as rock, except begin by rocking back instead of forward first.

Points: Point right toe to sides as arms come out to shoulder level, feet come together in the middle with a jump, hands at side. Repeat. (All steps have a jump as you point out and bring feet together.)

Point Clap, Jog 4: Standing point right foot to right side and clap bringing both feet together. Point left foot to left, clap and both back to center. Jog 4 counts (4 steps). Begin again, always with a hopping action.

Side Steps: Standing, step right again and dig (touch with left) with left foot. Repeat starting with left foot.

Slides: Step right, bring left together quickly, step right, and left together quickly, usually this step is done 4 times right and 4 times left.

Jump Kicks: Standing, jump on both feet kick right foot, jump on both feet kick left. Repeat.

Can Can: Standing, bring right knee up down, kick right foot down. Left knee up, and down, kick left foot. Repeat and change feet.

Jog: Running in place, usually get knees higher or keep knees low and kick feet toward rear.

Running 3 and Back: 4 counts all together. The first 3 are the running movement (run, run, run) and the last is a kick or clap or knee slap. Run back to the starting position. This step can also be done to the right, back, left, and front.

Pony: Jump right quick touch with left and back to right, jump left quick touch with right and back to left, continuous movement.

Heel Toe: Standing, right heel to side, touch right toe behind left foot and right heel back to side. Each time heel is moved, to a different position, it is done so with a hop not stationary. To switch sides, jump on both feet and start with left heel to side.

Circle Break: Clap in a circle first to the right then to the back then to the left and to the front, jumping on both feet at each direction.

Chorus Step: Kick right, step on right foot, left foot, right foot and then repeat to the left. Kick left, step left, step right, step left. Repeat right and left.

5. La Cucaracha

Intro: Jog 8 counts.

Pattern 1: 2 Times. Jog 8. Hopscotch 8 right, left. Slide 4 to the left and 4 to the right (this is an exception to starting with the right foot).

Pattern 2: 2 Times. Knee slaps 8 right, left. Scissors 8. Twist (fast) 16.

Repeat Dance.

6. Those Were The Days

Intro: Jog till music starts (break in the music, obvious intro).

Pattern 1: 2 Times. Can can right and left, R, L. Lunge right, left, R, L.

Pattern 2: 1 Time. Run 4 corners 8 counts forward, side, back, side.

Pattern 3: 1 Time. Side step 4 to the right, 4 left, 2 right, 2 left, 4 jumping jacks.

Any pauses in music just jog until next step, then begin next pattern.

7. Midnight In Moscow

Intro: Jog 16 counts.

Pattern 1: 2 Times. 8 jumping jacks. Rock right 4 and rock left 4, R, L.

Pattern 2: 1 Time. Side step right 4. Pony 8. Jump step 8. Rock back 4 right and 4 left. Break 4.

Pattern 3: Pony 8. Jump step 8. Rock 4 right. Break 4.

Repeat Dance.

8. Koroboushka

Intro: Jog 16 counts.

Pattern 1: 2 Times. Kick forward 8 times. 8 jumping jacks.

Pattern 2: 2 Times. Jog in a V pattern, first to the right 3 steps slap knee and back to the center 3 steps slap knee. Then to left side (jog, jog, jog, slap knee and back).

Pattern 3: 1 Time. 16 points to side in all. Start with right foot and back to left, alternating the 16 points.

Repeat Dance.

9. Irish Washer Woman

Intro: Jog 16 counts.

Pattern 1: 4 Times. Point right clap, point left clap, jog 4 and repeat.

Pattern 2: 1 Time. Heel toe step together to right, repeat to left, R, L. Rock 4 right, left, R, L.

Pattern 3: Run right 3 steps and back, forward and back, left and back and forward and back. Inbetween the run forward and backward there is a twist of 4 counts then run back to the center and hit your heel with right hand and left heel with the left hand. (Run, run, run, clap twist 4 counts and hit heels.)

Repeat Dance 3 Times.

10. Tarantella

Intro: Jog 8 (long) counts.

Pattern 1: 4 knee slaps alternating left and right knee then hop 4 hops with feet together to the left (hop on both feet 2 counts each hop).

Pattern 2: Lunge right and hop 3 on both feet without moving left or right. Repeat to left, R, L. Rock 4 to the right and 4 to the left, R, L.

Pattern 3: Chorus step, followed by a step together step turn, step together step turn, again step together step turn, step together step. Repeat chorus step and etc. to the left.

Repeat Dance.

11. Cool Down
(Story of Sorrento)

Head Circles: Sitting, Indian style position, hands on knees, rotate head in one direction 10 times left and 10 times right.

Shoulder Shrugs: Sitting, Indian style, rotate shoulders in a forward direction 10 times and repeat to the back.

Inner Thigh Stretch: Sitting, soles of feet together, hands on ankles and elbows pushing down on knees. (Indian stretch.)

Straddle Stretch: Sitting, legs in a wide straddle position, bring forehead to knee and hold, repeat to left side and middle.

Indian Style: Sitting, stretch right arm over head to side 4 counts and left 4 counts. Stretch over head 8 counts, repeat.

Stomach Stretch: Lie on stomach, lift opposite arm and leg off ground (left arm and right leg both are out stretched), repeat.

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