

## **SANDMAN (Alley Cat Routine)**

### **LS E-16**

Formation: No partners, children in lines facing the teacher.

### **DANCE**

Meas. (2 counts per meas.; i.e., 1-2 = 4 counts)

**1- 2** With weight on left foot, touch R toe to R side, bring it back to touch R toe alongside left foot, touch R to R side again, bring R foot back to place and stand on it; repeat with opposite footwork;

**3- 4** Repeat Meas. 1-2, except that toe is touched straight back instead of to the side (twice with each foot);

**5- 6** Lift R knee diagonally over L, bring R foot back and touch toe to floor, lift R knee diagonally over L again, return R foot to floor and stand on it; repeat with opposite knee;

**7- 8** Lift R knee diagonally over, stand on R foot; lift L knee diagonally over R, stand (weight now on both feet); clap hands once, pause, jump and turn  $\frac{1}{4}$  to the right.

### **SUMMARY**

**1- 2** To the right, to the right; to the left, to the left;

**3- 4** Back right, back right; back left, back left;

**5- 6** Right knee, right knee; left knee, left knee;

**7- 8** Right knee, left knee; clap....turn.

The dance goes through 8 times, plus Ending as follows:

**ENDING**

To the right, to the left, back right, back left, right knee, left knee, clap, and turn.

*Note:* This routine is also done to the music of “Alley Cat,” “Popcorn,” and several other tunes.