

Washer Woman Dance

Washer women had a fierce reputation and were often seen as grumpy. (So would you be if you had to do everyone's washing down by the river all through the year, even when it's cold!)

Stand in a circle - alternate boys and girls (or give numbers 1 and 2)

Take 2 steps to the right (left foot behind right - when you get good at this, it can be a jump!)

Clap - 1, 2, 3, 4

Take 2 steps to the left (right foot behind left)

Turn to your partner - 1s waggle your finger to tell off the grumpy washer woman. 2s hands on hips to sulk and be grumpy! Then Swap.)

Repeat until the end of the music.

Finish:

Girls give a curtsey with a straight back and left foot behind right foot.

Boys, left foot back, bow low with their arm extended as if they are holding an extravagant hat.