

JU JU

(Nigeria)

- Formation:** Free. Everyone goes his own way and dances his own variations as he wishes. 4/4 meter
- Steps:** Basic. Turn on spot, 1/2 circle, side draw, animated walk.
- Posture:** Slight bend from waist, hips back, slight knee bend. Correct pos is as if you were starting to sit down. Arms and hands free and relaxed at the side. They may be out to the side, close to the body, hands clasped behind, or in front. Elbows flex with the flexing of the knees, unless otherwise noted.

Basic fwd: Tap R flat ft in place, flex L knee (ct 1), step fwd on flat ft, flex knee (ct 2). All steps close to the floor. Repeat on L reverse pattern (cts 3, 4).

Basic bkwd: Repeat basic fwd directions. Tap in place (ct 1), step bkwd (ct 2). Repeat on L reverse pattern (cts 3, 4).

Basic Variation I: Raise R knee about 3" (ct &), flex L knee, push off, tap R ball of ft hard in place with rebound (ct 1), raise R knee about 3", L knee straightens lightly (ct &), step R fwd or bkwd rolling back onto flat ft (ct 2), Repeat same on L reversing ft pattern (cts 3, 4).

When done correctly a definite natural hip motion is noticeable and the body bounces naturally, at times lifting heel of ft off floor.

Arms: Held down and away from the body with elbow slightly bent and elbow pointed outward, fist not quite clenched, thumb fwd. No arm movement. Pattern may be done bkwd.

Basic Variation II - Tilt. Step pattern as in Basic Variation I. Hip tilts fwd with tap (ct 1), bkwd (ct &), fwd with step (ct 2), bkwd (ct &).

Arms: See Variation I.