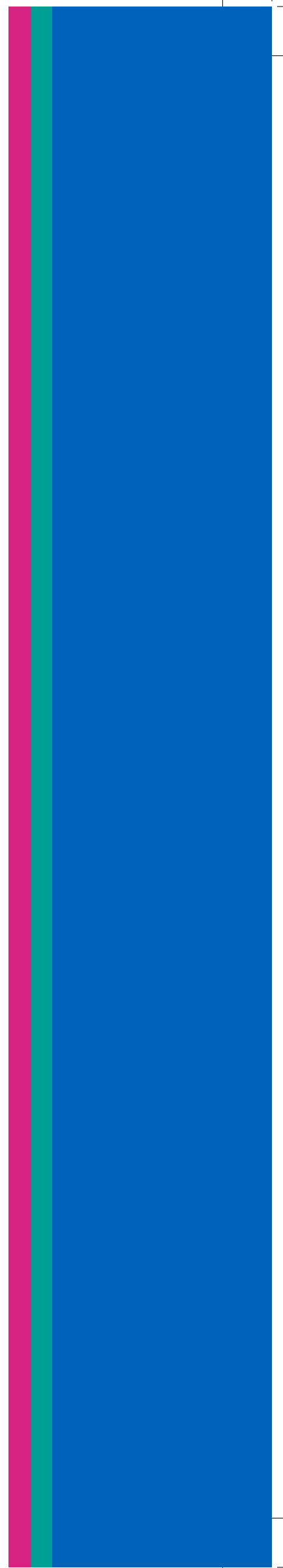


# A Guide to an Adapted Céilí Dance Class





# A Guide to an Adapted Céilí Dance Class

Authors: Niamh Kelly, Dr Clare McDermott, Dr Fiona Skelly





# Contents

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Introduction

Section 1: Warmup

Section 2: Dance Drills

- Dance Steps
- Cone drills
- Circle drills
- Partner Drills
- Sean Nós dance

Section 3: Dances

- 2 Hand Dance
- Walls of Limerick
- An Rince Fada
- The Bridge of Athlone
- The Siege of Carrick
- The Siege of Ennis
- The Waves of Tory

Section 4: Strength Exercises

Section 5: Balance

Section 6: Cool Down



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# Introduction

This booklet describes various components that can be included in a multi-component Céilí dance class. All the exercises in this class are adaptable to ensure it is inclusive to a variety of populations. Adaptable exercise allows a larger number of people to participate in exercise, this includes being active and socialising with others in their community.

This program was developed for people with a chronic illness including people with a neurological condition. The development was guided by previous research and in consultation with people who have a chronic illness, care partners, exercise specialists, dance teachers, academics and healthcare professionals. The booklet was developed as a guide for people who want to deliver this adapted program to people with chronic illness.

This booklet class shows adapting various exercises and being inclusive in physical activity and exercise is achievable while keeping a fun and social element to the class for the participants<sup>1</sup>. This allows more people to take part and be active at their own pace. Dance was chosen as it is a fun and enjoyable form of exercise<sup>2</sup>. This type of dance when performed standing is often partnered. The dances have a lot of variety while only needing to know a few key steps. Dance elicits similar benefits as structured exercise including improving quality of life and functional movement. Functional movement can see benefits muscular strength, aerobic capacity and balance. Dance provides additional benefits including a social aspect<sup>3</sup>.

# Class Structure

## **Warmup**

The warmup raises the participant's heart rate and prepares the body for the exercise it is about to engage in. This section is 12-15 minutes in duration.

## **Dance Section**

The dance includes one or two dance drills followed by two or three Céilí dances. This section is the longest portion of the class, it is 20-25 minutes in duration.

## **Strength Section**

The strength section involves both upper and lower body strength exercises. It is 10 minutes in duration.

## **Balance Section**

The balance section encourages practicing balance stances and exercises. It is 5 minutes in duration.

## **Cool Down**

The cool down is the end of the class, stretching the muscles after the exercises and allowing the participant's heart rate to return to resting. The cool down is 8-10 minutes in duration.

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## Section 1:

# Warmup

An aerobic and dynamic warmup was completed before each class. The warmup should take 12-15 minutes to complete.

### **Complete each movement continuously for 30-40s:**

#### Heel digs:

Step one foot out in front, with your heel tapping the ground, step back in, repeat on the other side.

#### Toe taps:

Step one foot out in front, tapping your toe and step back in, repeat on the other side.

#### Side taps:

Standing in one spot. Step one foot out to the side, and bring it back into place, repeat on the other side.

#### Step backs:

Standing in one spot. Step one foot out behind you, and bring it back into place, repeat on the other side.

#### Side steps:

Step from one foot onto the other foot. Can add in an extra step, so it is two steps to one side and then repeat in the opposite direction.

#### Heel flicks:

Step from one foot to the other foot, kick your foot behind you and bend your knee so you are flicking your heel up as far as you can.

#### Front kicks:

Kicking your foot out in front of you, and then repeating on the other side.

#### Dynamic Stretching:

Continue marching for as many of the dynamic stretches as possible.

#### Arm Circles:

Rotate your arms in a circular motion for 30s and then change direction (small, medium, large circles).

#### Side Stretch:

Stretch one arm overhead and towards the other side of your body. Hold this for 5 seconds. Repeat this on the other side.

#### Shoulder Shrugs:

Moving your shoulders as close to your ears as you can and lower then back to their regular position.

#### Bear Hugs:

Open your arms out wide, stretching out your chest. Bring both arms across your chest as if hugging yourself.

#### Hip Circles:

Move hips in a circle for 10 seconds and then repeat on the other side.

#### Groin Stretch:

Step one foot to the side, bend one knee and keep the other leg straight. Putting your weight onto your bent knee. Hold this for 2-3 seconds and swap to the other side.

#### Calf Stretch:

Step one foot in front of you, bend your front knee and keep the back leg straight. Putting your weight onto your front bent knee. Hold this for 5 seconds.

#### **Repeat aerobic movements with arm movements.**

#### **Complete each movement continuously for 30-40 seconds:**

#### Heel digs & toe taps:

While curling hands from down at your side up to your shoulders.

#### Side taps:

Step one leg out to the side, raise the arm on the same side up above your head, lower your arm as you step back in and repeat on the other side.



#### Step backs:

As you step backward with one foot, push both of your hands out in front of you at chest height.

#### Heel flicks:

As you flick your foot back as far as you can by bending your knee. Make a pulling motion with both hands towards you (on either side of your waist), as if pulling a rope towards you.

#### Step to side:

As you step to one side, push both your hands up above your head (like a shoulder press) lower your hands and then repeat stepping to the other side.

#### High Knees march:

Begin marching, begin to raise your knees higher as you are marching. Tap your knee with the opposite hand, when the knee is at its highest point.

#### Marching/Jogging:

Start marching for 10-15 seconds. Speed up the marching for another 10-15 seconds. Move to a jog on the spot for 10-15 seconds. Complete 10 seconds as fast as you can on the spot. Can do a jog forward a few metres, turn around and jog back this can be completed 3 times.

#### Boxing:

While marching start punching your hands straight out in front of you. You can change the straight out in front to across the body, then to the diagonal across and overhead.

#### High Aerobic Intensity Burst:

10 seconds of boxing out in front as fast as you can. Repeat this twice giving participants a 30 seconds active recovery break.

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## Section 2:

# Dance Drills

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## Dance Steps

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### 1. Promenade Step (1,2,3s):

Start with weight balanced between both feet. To begin the step, hop on your back leg and raise your front foot towards your back knee. Then lower your front foot and place it in front again, raising your back foot at the same time. Then lower your back foot, to continue on to the next step you bring the back foot to the front as you hop.

### 2. Sidestep (7s):

Start with weight balanced between both feet. When dancing towards the right, hop and land on the ball of your left foot for the first beat of the music, right foot slightly forward. Move the right foot to the right and transfer your weight from left to right, for the second beat. Then bring the left foot towards heel of your right foot, for the third beat. Repeat this until the seventh beat. Complete two 1,2,3s to finish and complete this step move back in the opposite direction.

### 3. Rise and Grind:

Start with weight balanced between both feet. Begin the step by raising the right foot up and kicking it forward to a level between the knee and ankle. Bring this leg behind the left leg, to take the weight. Raise your left leg and place it behind your right leg, to take the weight. Step in place with your right foot in front. Step in place with your left foot behind, step again with your right foot in front, for a 1,2,3 count.

## Cone Drills

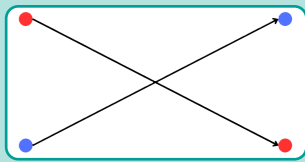
### Equipment: Cones

In each session 2 or 3 drills are completed after the warmup.  
This takes approximately 5 minutes.

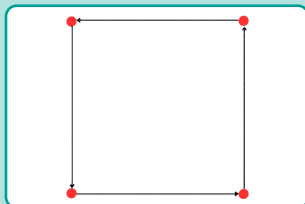


- A. Set cones up in straight line. One at the start and one at the end point. Complete a promenade step in a line, from one cone to the other.

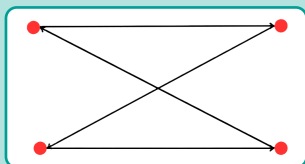
**Progression:** Add in extra cones between the start and end point, to zig zag through.



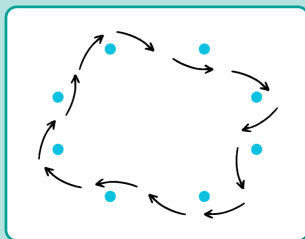
- B. Set up the cones as seen in the picture. Set up two groups, one starting at the blue cones and one starting at the red cone. Promenade step going to the diagonal, so going blue to blue, or red to red.



- C. Starting at one cone, promenade step to each cone in the shape, in a square.

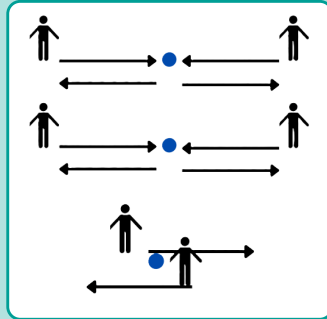


- D. Promenade step in a figure 8, following the arrows as seen below.



- E. Promenade step in and out of the cones around in a circle

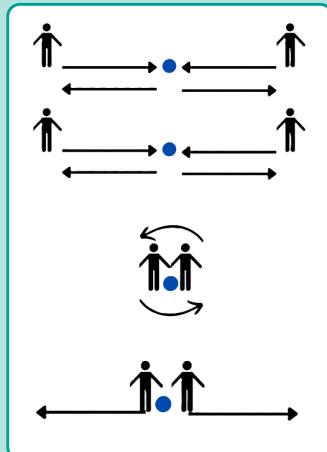
## Partner Drills



- F. Everyone needs a partner. Each person from a pair stands 2m back from either side of a cone. Each person is facing their partner.

Everyone advances toward their partner with two promenade steps and retire back to their place with two promenade steps and repeat this advance and retire pattern 3 times.

On the third advance movement, everyone continues forward with a promenade step and swap places with their partner. Repeat this as desired.



- G. Everyone needs a partner. Each person from a pair stands 2m back from either side of a cone. Each person is facing their partner.

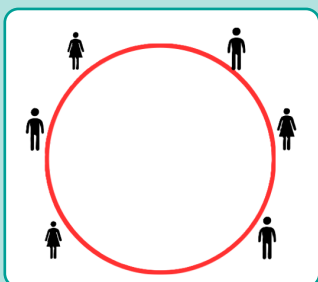
Everyone advances toward their partner with two promenade steps and retires back to their place with two promenade steps and repeat this advance and retire pattern 3 times.

On the last advance movement, each person raises their right hand and places it in the middle and take hands with their partner.

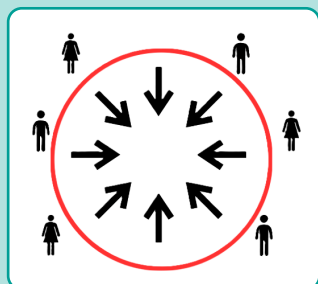
Promenade step around in a circle in a clockwise direction and back to their own position.

Repeat this as desired.

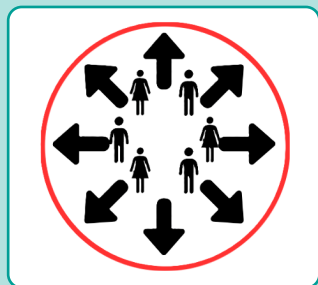
## Circle Drills



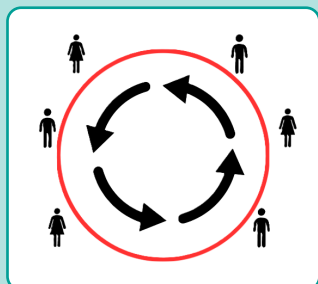
H. Everyone stands in a circle, ensuring each person has space on either side of them.



Everyone will advance with two promenade steps into the circle.



Then retire back to their place with 2 promenade steps back out of the circle.



Complete a sidestep to the right. Followed by two 1,2,3s, and sidestep back to place finishing with two 1,2,3s.

Repeat this as desired.

**Progression:** Alternate the sidestep between right and left.

## Sean Nós Dance

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This type of dance is easily adapted. It can be completed standing or seated. There are numerous steps involved which can be completed one at a time. These steps can be combined and the speed can be increased to vary the difficulty.

### **Heel, Toe Step**

Starts with right foot out with heel tapping the floor, change to a toe tap and follow with a 1,2,3 step. Repeat on left foot. Repeat on right and left to complete the 8 bars of music. This can start slowly and speed can be build up in time.

### **Forward, Back Step**

Starts with right foot, tapping the ball of their foot forward and then backward and follow with a 1,2,3 step. Repeat on left foot. Repeat on right and left to complete the 8 bars of music. This can start slowly and speed can be build up in time.

### **Foot Stamp Step**

Starts with right foot, stamping the foot on the ground twice and follow with a 1,2,3 step. Repeat on left foot. Repeat on right and left to complete the 8 bars of music. This can start slowly and speed can be build up in time.

### **Crossover Step**

Starts with right foot, step across the front of the left foot and back to place, follow with a 1,2,3, step. Repeat on left foot. Repeat on right and left to complete the 8 bars of music. This can start slowly and speed can be build up in time.

### **Thigh Claps**

Each person claps their hands against their thighs three times. Following this with a 1,2,3 step. Repeat this to complete the 8 bars of music. This can start slowly and speed can be build up in time.

### **Hand Clap**

Each person claps their hands three times. Following this with a 1,2,3 step. Repeat this to complete the 8 bars of music. This can start slowly and speed can be build up in time.





## Section 3:

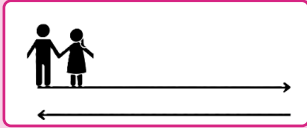
# Dances

The group was introduced to a new dance every 4-5 weeks depending on how well they adjusted to the new dance. The first week of a new dance is devoted to going through the steps and the new order of steps they are to follow in this new dance. The intervention started with a 2-hand dance to start them off slowly and introduce the group to a few types of steps and combinations of steps. When the group is comfortable with the new dance, the group can then complete a few dances one after another e.g. a set of the Walls of Limerick and then an Rince Fada.



## Paired Dances

# 2 - Hand Dance



- A. Complete four promenade steps in a forward direction, turning back to the direction you started on the fourth step. As you are turning release your partners hand and turn in toward your partner and then take hands again.

Complete four promenade steps, to bring you back to your original starting position and face your partner in towards your partner on the fourth step.



- B. While facing your partner, clap your hands on your thighs x3, clap your hands together x3 (repeat this). Then partners take right hand in right and using the promenade step, rotate to your partners position in a clockwise direction



- C. Continue to hold hands with your partner and dance the sidestep together with the person on the right of the pair leading on their right foot and person on the left leading on their left foot, finishing with two promenade steps.

Sidestep back to place and finish with two promenade steps.

The above movements (A,B and C) can be repeated as desired.



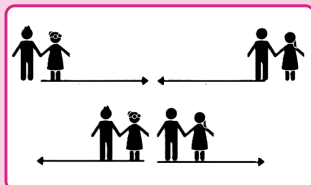
## Paired Dances

# The Walls of Limerick

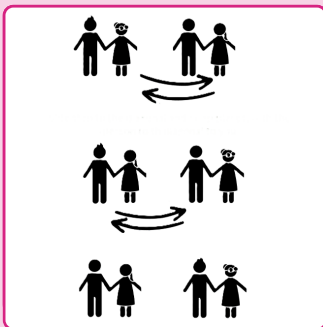
Music: Reel Time

Song: Walls of Limerick

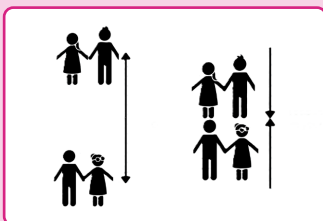
This is danced as written in *Ár Rincí Fóirne*.



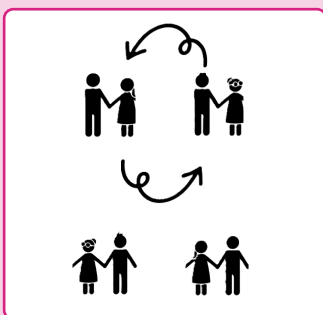
A. Each pair of people is facing another pair. Partners take inside hands. Both couples advance toward each other with two promenade steps. Then retire back to place with two promenade steps. This movement is then repeated.



B. The partner on the right side of each couple, exchange places using a sidestep, leading with the left foot. They face each other as they change places. Finishing with two 1,2,3 steps. The partner on the left side promenade steps in place during this. The person on the left side then sidesteps exchanging places, leading with the right foot. The person on the right promenade steps in place.



C. Each person takes the right hand of the person opposite them. Everyone sidesteps to the outside and finishes with two, 1,2,3 steps. Everyone will then sidestep back to their places and finish with two, promenade step. All sidestep back to place and finish as before.



D. Each pair faces their partner. Take both hands of partner, crossed over each other. Each pair will turn in an anticlockwise direction with their partner, revolving clockwise around the opposite pair. All will finish in the same direction as they started and will be facing a new pair.

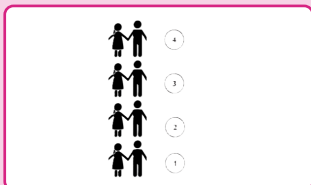
Paired Dances

## An Rince Fada (The Long Dance)

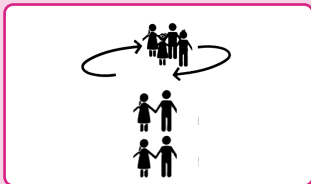
Music: Jig Time

Song: An Rince Fada

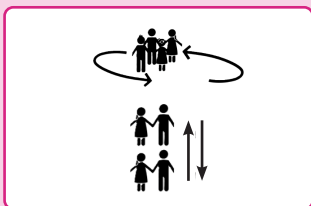
This dance has been adapted from the original as written in *Ár Rincí Fóirne*.



A. To begin the dance each pair completes 2 rise and grind steps, starting with the right foot.



B. Everyone places their right hand into the centre to form a wheel. Everyone completes four promenade steps in a clockwise direction for a semi circle. Release hands.



C. Part A and B are repeated starting in positions opposite the couples original position. Starting the rise and grind step with the left foot and placing left hand in centre for the turn.

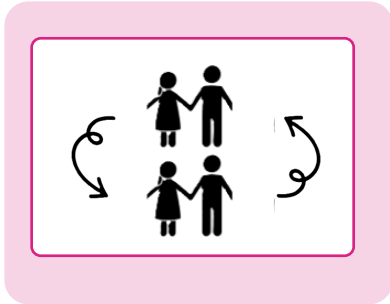
D. One pair (the odd number pair, e.g. facing the back of the room) takes the inner hand of their partner, advance with 2 promenade steps towards the other pair. Dancing two promenade steps, release hands, turn toward each other and again take the inner hand of their partner. Advance with 2 promenade steps back to place. Turn into place completing two more promenade steps

Continued on next page

Paired Dances

## An Rince Fada (The Long Dance)

Continued.



- E. Each pair faces their partner. Take both hands of partner, crossed over each other. Each pair will turn in an anticlockwise direction with their partner, revolving clockwise around the opposite pair. Dancers will complete 8 promenade steps during this movement. They should all be facing the same direction that they started.



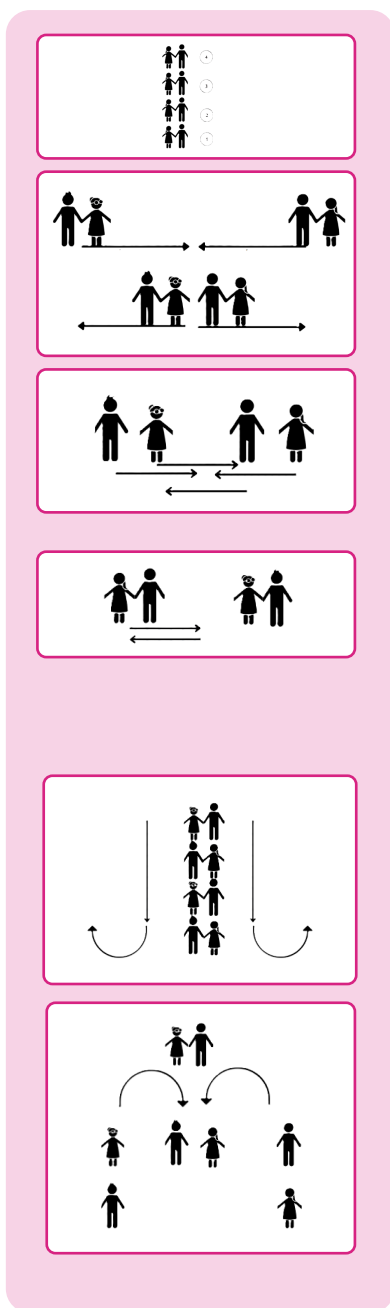
Paired Dances

## The Bridge of Athlone

Music: Jig and March Time

Song: The bridge of Athlone

This dance has been adapted from the original as written in *Ár Rincí Fóirne*.



- A. Each pair will face another pair. To begin the dance, complete 2 rise and grind steps, starting with your right foot.
- B. Advance with 2 promenade step towards each other. Then retire back to place with two promenade steps. Repeat movement A. With four promenade steps, release hands, advance and pass through to the opposite side, turn around to face the same pair.
- C. Repeat movement A and B, to return to original places.
- D. The pair at the top of the room, face each other and take right hand in right. They complete a sidestep toward the other pair, finishing with two, 1,2,3s. Sidestep back to place and finish with two, 1,2,3s.
- E. All pairs face the top of the room. The first pair turns away from each other and begins marching on the outside towards the bottom of the line. The other pairs follow in their lines.
- F. The first pair forms a bridge by taking hands and raising them above their heads, at the bottom of the room. The rest of the pairs rejoin hands at the end of the room and pass under the bridge and continue to march back to the top of the room. Allowing a new couple to lead.

Repeat the dance as desired.

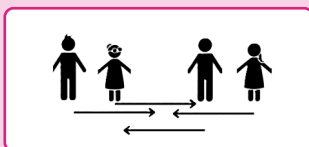
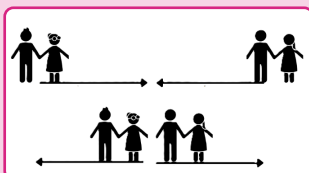
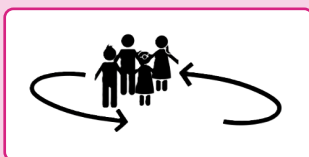
## Paired Dances

# Siege of Carrick

Music: Jig Time

Song: Haste to the Wedding

This dance has been adapted from the original as written in *Ár Rincí Fóirne*.



- A. Each pair faces another pair. To start two pairs of people will take hands to form a circle. Everyone sidesteps to the right, finishing with two 1,2,3s and then sidesteps back, finishing with two 1,2,3s. Everyone releases hands and returns to their place.
- B. Everyone places their right hand into the centre to form a wheel. Promenade step around clockwise for 4 counts. Release hands and place the left hands in the centre. Promenade step anticlockwise for 4 counts. Returning to place.
- C. Each pair faces each other, advancing with 2 promenade step towards each other. Then retire back to place with two promenade steps.
- D. Everyone faces their partner and claps hands twice. Link right arm in right arm with their partner. Turn in a full circle back to their original place dancing two promenade steps.
- E. Repeat movement C. Everyone faces their partner and claps hands twice. Everyone passes through with the pair opposite them and turns to face the next pair of people dancing two promenade steps.

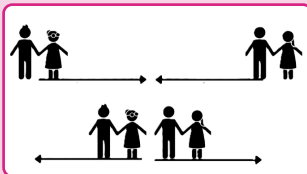
Paired Dances

## Siege of Ennis

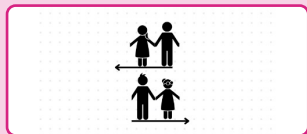
Music: Jig Time

Song: The Siege of Ennis

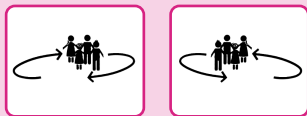
This dance has been adapted from the original as written in *Ár Rincí Fóirne*.



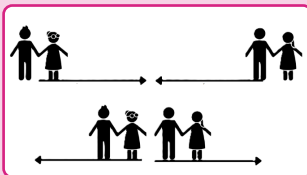
A. Each pair of people is facing another pair. Take the inside hand of your partner. Both pairs advance toward each other using two promenade steps. Then retire back to place with two promenade steps. Repeat this movement.



B. Each pair completes a sidestep to their right, followed by two, 1,2,3s. Sidestep back to place and finish with two 1,2,3s.



C. In fours, everyone places their right hand in the centre and dances four promenade steps clockwise in a full circle. Release hands. Place their left hand in the centre and dance four promenade steps anticlockwise in a full circle and release hands. Return to place.



D. Complete two promenade steps towards each other. Then retire back to place with two promenade steps. The couple at the top of the room raises their hands up forming a bridge. The couple at the bottom of the room passes under their hands and faces the next couple.

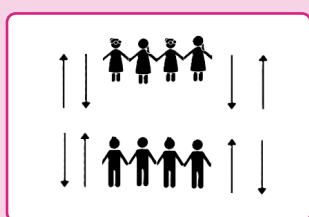
Paired Dances

# Waves of Tory

Music: Reel and March Time

Song: Waves of Tory

This dance has been adapted from the original as written in *Ár Rincí Fóirne*.



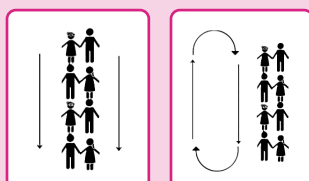
A. Everyone is in two lines, taking hands with the person on either side of them, facing opposite their partner. Both lines advance with two promenade steps towards each other. Then retire back to place with two promenade steps. Repeat this movement.



B. In sets of four, each person places their right hand into the centre. Everyone promenade steps clockwise in a circle for four counts. Release hands and place the left hand in the centre and promenade steps back to place for four counts.



C. Everyone returns to their original place in two lines. Repeat movement A, and B but place the left hand into the centre first.



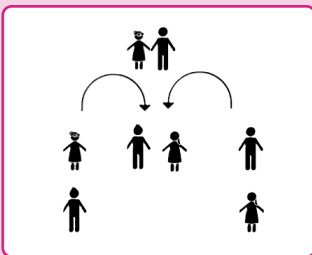
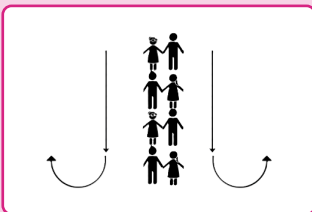
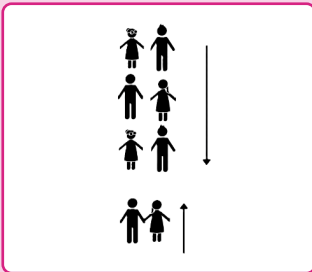
D. Everyone takes the inside hand of their partner and faces the top of the room. The first couple lead the group to the right and down to the bottom of the hall and back up, with the others following and returning to place.

Continued on next page

Paired Dances

## Waves of Troy

Continued.



E. The first pair releases hands and turn to face the other pairs. Taking inside hands again. The other couples raise their hands into the air. The first pair passes under the hands of the other pairs. When they pass under the last pair, they turn around and raise their hands also.

F. When the second pair gets to the front, they release their hands and turn around to pass under the other pairs. This is continued by each pair as they reach the front of the group. When they return to their original place, all facing the top of the room. Everyone releases hands.

G. The first pair turns away from each other and begins marching on the outside to the bottom of the line. The other pairs follow in their lines. The first pair forms a bridge by taking hands and raising them above their heads, at the bottom of the room. The rest of the pairs rejoin hands at the end of the room and pass under the bridge and continue to march back to the top of the room. Allowing a new couple to lead.

Repeat the dance as desired.

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Section 4:

# Strength Exercises

The strength section is comprised of 4 exercises, 10 repetitions and 2 sets of each exercise. E.g. 2 upper body and 2 lower body exercises. Each participant has 2 dumbbells and a chair to use for support. This section lasts approximately 10 minutes.





## Lower Body Exercises

### Squat



Start standing, with feet flat on the floor and shoulder width apart. If holding dumbbells, hold them either down by your side or up to your chest.

Bend your knees and flex your hips so your thighs are parallel to the ground. Then push yourself back up into a standing position. Keeping your head up and back straight, throughout the movement.

**Regression:** A sit to stand can be performed, where the participant will bend their knees and flex their hips until they are in a seated position on a chair. Push back up into a standing position.

A further regression, a seated leg extension. Begin seated with feet flat on the floor. Lift one foot off the ground and straighten your knee out, keeping your toes pointed at the ceiling. Hold this for two seconds. Lower your leg back down and place foot back on the floor. Repeat this with the other leg.

### Deadlift



Place feet flat on the ground and shoulder width apart. If holding dumbbells, hold them down by your side. Keep arms straight, knuckles facing out. Push hips back and slightly bend knees, lower the dumbbells down below the knees. Keep your chest up, push through your feet back into a standing position.

**Regression:** This can be completed seated. Keep feet flat on the ground. Place hands on either side of legs. Hinge forward at the hips and lower upper body forward below the knees.

### Lunges



Stand behind your chair, holding onto the back if needed. Stand with feet flat and shoulder width apart.

Start by stepping back with one foot. Slowly lower your knee towards the ground but don't touch the ground. Push yourself back into a standing position through your front foot. Step back into line with front foot. Start again with your other leg.

**Regression:** Start by stepping back with one foot. Hold onto the chair for support if needed. Step back into line with front foot. Start again with your other leg.

### Calf raises



Stand behind chair. Standing up straight with your feet shoulder width apart. Push yourself up onto the balls of your feet and hold that position for two seconds then lower yourself gently back onto the soles of your feet.

**Regression:** The picture shows a modified version, where it is performed in a seated position. This can be completed with or without holding a weight.

### Squat to calf raise

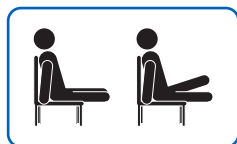


Stand with feet shoulder width apart. Bend your knees and flex your hips so your thighs are parallel to the ground. Then push yourself back up into a standing position. Keeping your head up and back straight, throughout the movement.

Once standing up straight, push yourself up onto the balls of your feet and hold that position for two seconds then lower yourself gently back onto the soles of your feet.

**Regression:** This can be completed as a squat

### Butterfly Kicks



This is completed in a seated position. Sit forward in your chair if you can and gently lie back on your chair. Raise both your feet into the air just above the ground. Keeping your legs straight. Gently begin moving your legs, kicking one leg above the other and swapping.

**Regression:** Sit forward in your chair if you can and gently lie back on your chair. Raise feet into the air and hold them straight.

### Squat - shoulder press



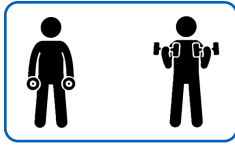
Start standing up, with feet shoulder width apart. Bend your knees and flex your hips so your thighs are parallel to the ground. Then push yourself back up into a standing position. Keeping your head up and back straight, throughout the movement.

Once standing upright, bring the dumbbells up to your shoulders, push the dumbbells above your head, don't fully straighten your arms. Hold your arms raised for a second, then slowly lower your arms back down and begin the movement from the start.

**Regression:** This can be completed as a squat.

## Upper Body Exercises

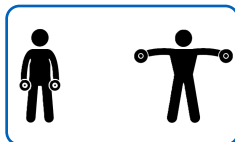
### Bicep curls



Ensure both feet are flat on the floor, and shoulder width apart. Engage your core. Bend your elbows and raise your hands towards your shoulders, slowly lower your hands back down.

**Regression:** This can be completed in a seated position. Start by sitting forward in your chair. Hold a dumbbell in each hand, palms facing out. Engage your core. Bend one elbow and raise your hand towards your shoulder, slowly lower your hand back down and complete on the other side.

### Lateral raise



Hold a dumbbell in each hand, palms facing your body. Standing up straight, ensure both feet are flat on the floor, and shoulder width apart. Engage your core. Raise your arms to the side, out straight to about shoulder height. Slowly lower them back down to your sides.

**Regression:** This exercise can be completed sitting down. Start by sitting forward in your chair, and ensure both feet are flat on the ground. Engage your core. Raise one arm to the side, out straight to about shoulder height. Slowly lower it back down to your side. Repeat with the other arm.

### Shoulder press



In a seated position, sitting upright. Place both feet flat on the floor. Hold a dumbbell in each hand. Bring the dumbbells up to your shoulders, palms facing inward, push the dumbbells above your head, don't fully straighten your arms. Hold your arms raised for a second, then slowly lower your arms back down and begin the movement from the start.

**Regression:** Complete this in the same way, only raising one arm at a time.

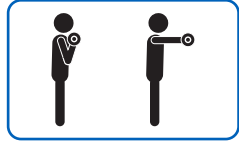
### Standing row



Keep both feet flat on the ground, and shoulder width apart. Lean your body forward keep your back straight. Hold the dumbbells out in front of you with arms out straight and pull the dumbbells up to either side of your body. Slowly bring them back to their original position.

**Regression:** This can be completed in a seated position. Pulling one arm back at a time.

### Chest Press



Start standing, ensure both feet are flat on the floor, and shoulder width apart. Hold the dumbbells with your knuckles facing the ceiling at chest height with your elbows in line with your hands. Slowly straighten your arms out in front of you. Follow this by pulling your elbows back into the starting position.

**Regression:** This can be completed in a seated position. It can be further regressed by pushing one arm out at a time.

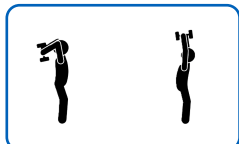
### Triceps Kickback



Stand with feet flat on the ground, shoulder width apart. Hinge forward slightly at your hips, keeping your back straight. If using dumbbells, holding them in your hands, start the movement with your elbows bent and hands by your shoulders. Slowly straighten your arms down to your sides and pull back into starting position to finish the movement.

**Regression:** This can be completed in a seated position. It can be further regressed by straightening one arm at a time.

### Triceps Extension



Stand with feet flat on the ground, shoulder width apart. If holding a dumbbell place both hands around the centre and ensure you are holding it securely. Raise your hands above your head, extending both arms. Slowly bend your elbows bringing your hands and the dumbbell behind your head. Then extend your arms back up above your head again.

**Regression:** This can be completed in a seated position.

## Section 5:

# Balance

This section focuses on balance. It includes a number of exercises in a single leg or a narrow stance. A chair or wall can be used for support.

### 1. Single Leg Raise



Stand up straight behind the chair. Hold on to right side of the chair with one hand. Raise outside (right leg) leg, by flexing your hip 90 degrees. Once you have your balance raise your right arm out to your side to shoulder height, once feeling stable if you can let go of the chair and raise your left arm out to shoulder height. Hold for 5 seconds. Repeat this on your left side.

### 2. Side Leg Raise



Standing to the right of your chair, hold one on to right side of the chair with one hand. Extend your outside (right) leg to the side of your body (about a foot off the ground). Once you feel steady, raise your right arm out to your side in line with your shoulder. When you feel stable or if you can let go of the chair and extend your left arm to be in line with your shoulder. Hold for 5 seconds. Repeat this on your left side.

### 3. Back Leg Raise



Standing to the right of your chair, hold one on to right side of the chair with one hand. Extend your outside (right) leg out behind you (about a foot off the ground). Once you feel steady, raise your right arm out to your side in line with your shoulder. When you feel stable or if you can let go of the chair and extend your left arm to be in line with your shoulder. Hold for 5 seconds. Repeat this on your left side.

### 4. Calf Raise



Standing behind your chair, holding the back of the chair with both hands. Feet shoulder width apart. Push yourself up onto the balls of your feet, hold this for 5 seconds, let go of the chair if you feel comfortable enough to do so. Lower yourself back down, and gently push back onto your heels, keep holding the back of the chair. Hold this for 5 seconds. Repeat this three times.

### 5. Walk the Line

Stand in an open space, or next to a wall or a support. Carefully walk heel to toe for ten steps.

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Section 6:

# Cool Down

The cool down is 5-8 minutes in duration. It stretches out your muscles after exercise. It helps slowly lower your heart rate back to pre-exercise levels.

Start by gently marching on the spot.





#### Shoulder rotation:

While marching, roll your shoulders forward for 30s then roll them in the opposite direction.

#### Shoulder shrugs:

In a standing or seated position. Keeping your back straight and holding your head up. Leave your hands down by your sides. Slowly pull your shoulders up towards your ears and hold this for 2 seconds. Repeat this 5 times.

#### Open arm chest stretch:

Stretch arms out to either side as far as you comfortably can. Hold for 3-5 seconds. Wrap arms around your chest as if giving yourself a hug. Repeat this 5 times.

#### **Plant both feet on the ground for the remainder of the stretches.**

#### Overhead side stretch:

Standing or sitting. Reach one hand into the air above your head. Then slowly bend to the opposite side of the hand that is in the air, hold this for 5-10 seconds. Repeat this on the opposite side. X2

#### Cross arm stretch:

This can be in a standing or seated position. Gently reach your right arm across your body, hold your right elbow with your left hand. Gently pull your right arm across the front of your body. Hold this for 5-10 seconds. Repeat this on the other side. X2.

#### Shoulder stretch:

This can be in a standing or seated position. Place your right hand, palm facing down, on the back of your neck. Put your left hand on your right elbow and gently push your elbow, pushing your right hand down your back. Hold this for 5-10 seconds. Let go of your elbow and slowly lower your arm back to its original position. Repeat this on the other side. X2

#### Hip rotation:

Rotate your hips in a large circle for 10-20 seconds. Repeat this in the opposite direction.

#### Inner leg stretch:

Standing behind your chair, you can hold the chair if needed. Standing with a wide stance, feet wider than shoulder width apart. Keep your toes pointing forward. Bend one knee and lean your weight onto that leg. Keep your other leg straight and you will feel a stretch on your inner thigh. Hold this for 5-10 seconds. Stand back up and repeat this on the other side x2.

#### Calf stretch:

Step one foot in front of the other. With the distance of a step between both feet. Bend your front knee, keep your back leg straight. Lean your weight on to your front leg. Try to keep the heel of your back leg on the ground. Hold this for 5-10 seconds. Repeat this on the other leg.

#### Glute stretch:

In a seated position. Lift one leg up with your knee bent. If possible, place your hands around your knee. Pull your knee as close to your chest as you can, hold this for 5-10 seconds. Repeat this on the other side.

#### Ankle rotation:

In a seated position. Lift one knee up so your foot is off the ground. Wrap both your hands around your knee. Begin to rotate your ankle in a circle for 10-15 seconds and then rotate it in the other direction for 10-15 seconds. Lower your leg and repeat this with your other leg.

#### Hamstring stretch:

In a seated position, keep one knee bent with your foot flat on the floor. Straighten out the other leg. Keep your knee straight and point your toes at the ceiling. Hinge forward at your hips and reach towards your pointed toes as far as you can without hurting yourself or bending your knee. Hold this for 5 seconds. Sit back up straight and repeat this on the other leg.

#### Leg raises:

In a seated position, keep both knees bent and place both feet flat on the floor. One foot at a time, raise your foot up off the floor, straightening out your leg, pointing your toes up at the ceiling. Lower your leg back down to its original position and repeat this with the other leg.

#### Trunk rotation:

In a seated position, keep both feet flat on the ground. Place your right hand on the right side of back of your seat. Place your left hand on the outer side of your right thigh. Gently turn your upper body to the right following your arms. Hold this for 5-10 seconds. Repeat this on the other side x2.



**Neck stretch:**

In a seated position. Sitting up straight. Looking straight ahead, slowly turn your head and look to the left. Bring your chin towards your shoulder. Hold this for 5-10 seconds. Slowly turn your head back and look straight ahead. Repeat this on the other side. X2 Then look down towards your belly button, tucking your chin into chest.

**Breaths:**

In a seated position. Sitting up straight. Breathe in slowly through your nose (4 seconds) and breathe out through your mouth (4 seconds). Repeat this 3 times.

# References

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## References

- <sup>1</sup> Liu X, Shen PL, Tsai YS. Dance intervention effects on physical function in healthy older adults: a systematic review and meta-analysis. *Aging Clin Exp Res.* 2021;33(2):253-263. doi:10.1007/s40520-019-01440-y
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- <sup>3</sup> Britten L, Pina I, Nykjaer C, Astill S. Dance on: a mixed-method study into the feasibility and effectiveness of a dance programme to increase physical activity levels and wellbeing in adults and older adults. *BMC Geriatr.* 2023;23(1). Accessed March 20, 2024. <https://eprints.whiterose.ac.uk/195856/>
- <sup>4</sup> An Coimisiún le Rincí Gaelacha, *Ár Rincí Céilí: Thirty Popular Céilí Dances.* 510 The Capel Building, St. Mary's Abbey, Dublin 7, Ireland.

