

## **Bounce n' Boogie review Louise Klarnett**

The Bounce n' Boogie dance resource and CD is neatly packaged in a CD-box size format with lovely cheerful design. This in itself is useful as you can throw it into your bag without taking up precious space or weighing a ton! The music supports the nature themed content but also contains very clear beats and structures to work with and is very child friendly. I wouldn't however use more than one or two tracks within my usual one hour sessions, I like to use more of a variety ranging from child specific music to other ambient, world and general, random music and sound collected over the last 10 years. The ideas are however very carefully thought out with detailed descriptions which you can build on or reduce in complexity according to the group you are working with and make an ideal starting point for a teacher with some or no experience. For those with more experience it can be used directly or prompt new ideas inspired by the lovely nature ideas and images. I am a particular fan of the massage and have used it numerous times with carers and babies, toddlers, my own children and even tried it on my mum! I had been wanting to devise a new massage as a variation to another that I use but hadn't had quite found the right ideas, this has provided it for me! The 'Funky Nut' music with and without explanation of the ideas evokes movement in children, immediately encouraging them to explore a variety of dynamic qualities of movement. I also like the slightly irregular nature of the Snapping Branches music, meaning that the children need to listen for the cues rather than automatically performing their movements to a set beat. I look forward to sharing more ideas within my classes over time and recommending the resource to friends and colleagues.

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