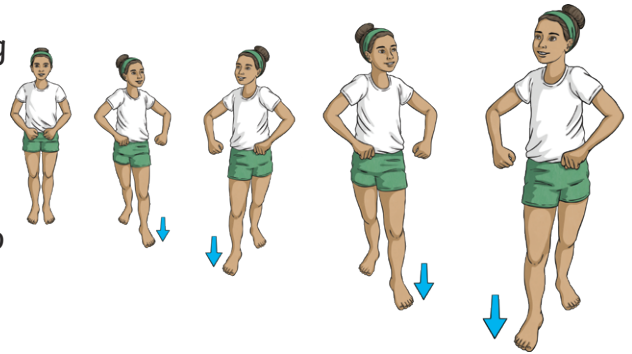


Dance the Lambeth Walk

The Cockney Strut

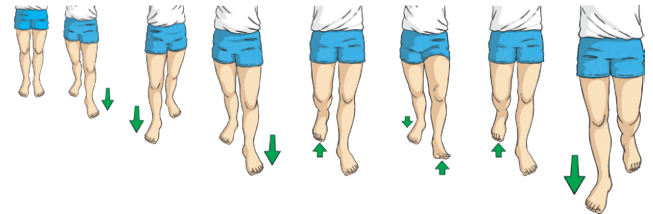
Walk forwards in time to the music, exaggerating each step. As you walk, swing one shoulder forwards and then the other, so that your elbows lift away from the body as you step. Alternately, you can put your fists on your chest as if you were holding onto imaginary braces.



The Step in Place

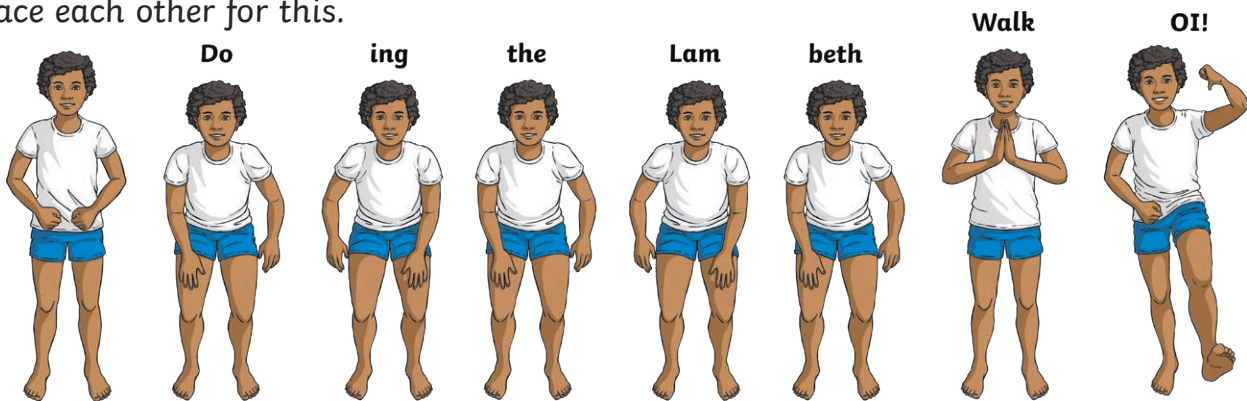
Every so often you can perform a step in place. You can vary where you place these but listen to the music to see where you feel they fit best.

Instead of stepping forwards again with the foot at the back, simply lift it up and step down again in the same place, then continue walking forwards with the other foot. Once you are confident with these you can even turn them into little hops or kicks.



The Thigh Slaps

To the lyrics of 'Doin' the Lambeth Walk', you can pause, squat down slightly and slap your hands onto your thighs on each syllable. On 'Walk', clap your hands. On 'Oi!' stand upright, clench your fist and stick up your thumb then raise your arm so that your elbow points forwards and your thumb reaches backwards over your shoulder. If you are dancing with a partner you can face each other for this.



Variation

Make your version of the Lambeth Walk more interesting by adding turns, hops, jumps and kicks where appropriate. You can even add some Charleston-inspired steps if you like.

Have fun dancing the Lambeth Walk!