

Fanga Alafia (WELCOME) Dance

Step One Entrance - Repeat as many times as needed to get into the space

Feet	Arms and Body
Step right, close left	Both arms sweep out to side
Step left, close right	Both arms sweep in to chest

Step Two - Repeat 4x's

Feet	Arms and Body
4 steps forward right, left, right, left	Both arms to chest and reach up diagonally (4x's)
3 steps back r-l-r,	Both arms to belly and extend outward to right
3 steps back l-r-l	Both arms to belly and extend outward to left

Step 3

Feet	Arms and Body
Skipping to right with ½ turn on each skip. Right Step-hop Left Step-hop Right Step-hop Left Step-hop	Right arm down/left arm up and change on each skip.
Step right and close left. Step to left and close right foot.	Both arms sweep to right. Both arms sweep to left.
Feet stay in place together hold	Both arms go up Side (high) Side (middle) Side (low)
Right foot touch forward Left foot touch forward Right foot touch forward Left foot touch forward	Left arm down/Right arm up Right arm down/Left arm up Left arm down/Right arm up Right arm down/Left arm up

Group 1 - Drop to floor Touch the ground Reach up 16 x's	Touch the ground reach to the sky 16 x's
Group 2 - hands and head to knees feet together Turn to face stage right Turn to face stage left	Touch knees and reach to sky 8 x's In figure 8 arms in and out to right In figure 8 arms in out to left

Step 6

Feet	Arms and Body
Step R-L-R (to right) Step L-R-L (to left) Extend right heel	Arms reach from belly and out to right Arms reach from belly and out to left Both arms reach to right heel Head Bounce
Step R-L-R (to right) Step L-R-L (to left) Bend both knees jump with ½ spin to face other direction.	Arms reach out to right Arms reach out to left Both arms down on knee bend/overhead on jump and down when you land
Repeat All of step 6 one time.	

Step 7

Feet	Arms and Body
Right foot touch to right side and close Left foot touch to left side and close	Right arm open to right side up/left arm down Left arm open to left side up/right arm down

Step 8

Feet	Arms and Body
Hop and Clap knees together 16 x's	Circle both arms in front of body outward

NOTE:
 FIRST 8 COUNTS LINES ONE AND TWO
 CHANGE PLACES. ONE LINES MOVES
 FORWARD THE OTHER LINE MOVES BACK.
 SECOND 8 COUNTS LINE ONE AND TWO
 CHANGE PLACES AGAIN SO EVERYONE IS
 BACK IN THEIR ORIGINAL PLACE.

Step 9

Feet	Arms and Body
Both feet together right touch back and close together.	Both arms start on knees. Head down. Right arm circles up overhead, to back and back to knee. (head come up and back down to knee with each circle.)
Left foot touch back and close together. Repeat 8 times.	Left arm circles up overhead, to back and back to knee.

Step 10 and Exit

Feet	Arms and Body
The front line turns to left, the back line turns to right and begin the run in a circle for 16 steps. After the 16-ct. circle, the first person on the front lines leads the group off stage.	As running in circle, the left (inside) arm is down toward the center of the circle, the outside arm is up.