



TāReKiṭa Choreography

It's easiest to learn this by looking at the videos, but you might find these notes useful (as an addition to, NOT instead of the videos – too much margin for error!).

We all learn in different ways... The moves are easier to do than they are to describe!

In terms of Left and Right, the moves are described below from the point of view of the children. If you want to lead them by mirroring, you would need to swap R and L for yourself. ¹

Until the final section, all the moves are tied to the part you are singing.

The Riff

You sing – *Dha tarekita, dhum tarekita, nom tarekita taka dimi taka*

- Touch your thumb to your index finger to make a circle, other fingers are straight. Pull a beautiful sound out of your R ear, in a slow straight horizontal line. As you start this movement, snap your head R, in the direction of your hand.
- Once you've finished the line, at the next "Dha", start the movement again on the L side, snapping your head to look at it as it starts.

The Push (Green and Yellow schools only)

You sing – *Taka dimi taka janu taka dimi*

- "wind the bobbin up" with your R hand leading, twice
- as your R hand comes under the second time, instead of going round again point it straight upwards above your head. Follow this hand with your head looking upwards.

The Drone low or high (Green schools don't need to do this one)

You sing – *Hum, ta na na...*

- "Swipe" your R hand in front of your face. (Sujata says "take pride in your fingers moving independently, starting with your little finger"). Then do the same with your L hand.
- Then, with your R hand, touch your thumb to your little finger (other fingers extended), lift your hand to the middle of your forehead and then extend it straight forwards in a horizontal line. (Sujata called this move "the third eye". Which is awareness 😊)

¹ The videos are done like this – Jaina the dancer has flipped the L/R for herself, so that the children are doing it correctly if they mirror the image they see on the whiteboard. If you would like a L/R flipped video for you to learn from so that you can lead, I have made a set of these – email me!

The Melody (Yellow schools don't need to do this one)

You sing – Na, na, na...

- Raise your R hand to your R shoulder, leading with your little finger again to create a similar movement as with the “swipe” above. Then lower your hand on the second beat. Repeat this shoulder – down movement on the L side.
- Bring your hands together in front of you, palms together, and fold your fingers round so your hands are clasped together. Then straighten your fingers out and, leaving the palms in contact, rotate them so the hand that was on top is now underneath and vice versa. Clasp again. Repeat this motion so you end up with 4 hand clasps (a pleasing movement once you've worked it out!)

The build-up to the end (Green and Blue schools only)

You sing – Dim tanana nom tanana num tanana ta na na

- Touch your R hand to your L shoulder. Then bring it back across your collarbone to the R shoulder and tap it (on “nom”).
- Then repeat this movement on the other side, so touch your L hand to your R shoulder, bring it across to your L shoulder and then tap it, this time 3 times (on “ta na na”)

The ending (all parts now do the same regardless of what they are singing)

You sing – Hum ta na na x 3 (Red/Yellow) or **Dha tarekita taka dimi taka x 3** (Blue/Green)

- Clap your L hand down onto your R hand in front of you then your R hand goes straight up into the air. As your R hand comes down, R click, then L click, then R click. Do this 3 x in total.

You sing – Taka dimi taka janu taka dimi (everyone)

- Hold your R hand in front of you with your index finger pointing upwards, do a rotation with your head and upper body following your finger – forward – R – back – L

You sing – Dha dha dha

- 1st dha – extend R arm and hand in front of you, palm up
- 2nd dha – take R arm behind you, palm down, follow it with your upper body and head
- 3rd dha – leaving your R arm extended behind, extend your L arm in front, palm up and follow it with your head so you are facing forwards.

**Huge thanks to Sujata Banerjee MBE and Jaina Modasia
from the Sujata Banerjee Dance Company
who devised the choreography in collaboration with us
<https://www.sbdc-kathak.com/>**