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- 1 Groups are given 5-10 minutes to create a **repeating pattern** using body percussion or movement.

For example: clapping, clicking fingers, stomping, turning, crouching, waving.



- Each person in the group must have a part.
 - Each person must have **one action**, which can be repeated (**For example:** clapping 4 times).
 - **Practise** the pattern so that each part follows the other smoothly.
- 2 One group repeats their pattern **four times**, and the class describes the unit of repeat or **core of the pattern**.
- 3 The group repeats their pattern again and the class continues the pattern another four times.
- 4 Repeat **steps 1 to 3** until each group has shared.

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