

Step into January 2026



 **mind**
Tyneside and
Northumberland

Step into 2026 with our daily mood boosting challenge for your mental health and local Mind!

Easy and Fun Dance Routine to get you moving

To perform the **Jerusalema dance**, follow these simple **step-by-step instructions to learn the viral dance routine that has captivated audiences worldwide. Best danced to the music Jerusalema by Master KG.**

Check out a **visual breakdown of this dance [here](#).**

Basic Steps Breakdown

1. **Start Position:** Stand with your feet shoulder-width apart and arms relaxed at your sides.
2. **Step Right:** Step to the right with your right foot, bringing your left foot to meet it. As you do this, raise your arms to shoulder height, bending your elbows slightly.
3. **Step Left:** Repeat the same movement to the left: step left with your left foot, bringing your right foot to meet it, and raise your arms again.
4. **Forward and Back:** Step forward with your right foot, then bring your left foot to meet it. Step back with your left foot, bringing your right foot to meet it. This creates a forward and backward motion.
5. **Hip Movement:** As you step, add a gentle hip sway to the right and left to enhance the dance's fluidity. This is a key characteristic of the Jerusalema dance.
6. **Clap and Turn:** After the forward and backward steps, clap your hands together and turn 90 degrees to your right, repeating the steps in the new direction.
7. **Repeat:** Continue to repeat these steps, adding your own style and flair as you become more comfortable with the movements.

Have fun, get friends involved and make it part of your daily steps routine or just enjoy a bit of dancing.

Tyneside and Northumberland Mind

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Step into January in action!

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