



Take off rings and bracelets if possible. Use palms as well as fingertips. Use a loving, firm, sensitive touch. Remember, the different textures will be expressed through your hands. Play through tracks one to six, using your hands as shown, with the music, with your receiving partner.

Keep to the Beat.



Tap
then **Pause**
then rapidly
Cascade
(follow the music)



lightly
Snatch
with soft,
flat fingers,
pulling away
quickly &
firmly



Squeeze
firmly in
sequence



Draw
squares
(first tune)
Draw
circles
(second tune)



Massage
with
fingertips



Wrap in blanket
Relax,
keep in contact
and listen



Watch, listen and observe.
Keep to the Beat.

