

# Penguin Branle

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8 SL SR DL SR SL DR

The first system of musical notation consists of three staves in 4/4 time. The first staff has a treble clef and a key signature of one sharp (F#). Above the first staff are the labels SL, SR, DL, SR, SL, and DR. The music consists of eighth and quarter notes, with repeat signs at the end of each staff.

8 PL PR PL PTR

The second system of musical notation consists of three staves in 4/4 time. Above the first staff are the labels PL, PR, PL, and PTR. The music consists of eighth and quarter notes, with repeat signs at the end of each staff.

8 PR PL PR PTL

The third system of musical notation consists of three staves in 4/4 time. Above the first staff are the labels PR, PL, PR, and PTL. The music consists of eighth and quarter notes, with repeat signs at the end of each staff.

SL - Single Left  
SR - Single Right

DL - Double Left  
DR - Double Right

PL - Penguin Left  
PR - Penguin Right

PTL - Penguin Turn Left  
PTR - Penguin Turn Right

## Penguin Left/Right

With hands held out flat at your sides, in the manner of a penguin, make a bouncy waddly Double in the indicated direction.

## Penguin Turn Left/Right

With hands held out flat at your sides, in the manner of a penguin, make a Turn in the indicated direction using a bouncy waddly Double.