

# Dance of the Pierogies

Score by Sean Thomas Boyt  
STBDancing.com

Start with two pierogies clenched with your left foot and another one with your right. When the music (of your choice) begins, pass one of the pierogies in your left foot to your right foot. When you're halfway there, attempt to move the second pierogi (originally held by your right foot) past the first pierogi into the sole of your left foot. Once pierogi two is underway, begin transitioning pierogi number three (the other one that was originally situated with your left foot) toward your right foot, having already grabbed ahold of the first pierogi. Be sure to catch the second pierogi before looping this action ad infinitum. Clapping may begin after ad infinitum.

\*This can be a physical or mental exercise.