



Unit Plan

Table of Contents

Table of Contents

...page 1

Lesson plans:

1. Introduction to Dance	...pages 2-3
2. Cha Cha Slide	...pages 4-5
3. Line Dancing (Part 1)	...pages 6-7
4. Line Dancing (Part 2)	...pages 8-9
5. Dance Stations	...pages 10-11
6. Swing (Partner Dancing)	...pages 12-13
7. Salsa (Partner Dancing)	...pages 14-15
8. Contemporary Lyrical	...pages 16-18
9. Dance Montage	...pages 19-20
10. Thriller	...pages 21-22
11. Breakdown a Famous Dance	...pages 23-24
12. Create-a-Dance	...pages 25-26

Appendix:

- Famous Dance Moves Task Cards
- Limbo Instruction Sheet
- Jazz Box Task Cards
- Moonwalk Task Cards
- Cha Cha Slide Instruction Sheet
- Electric Slide Instruction Sheet
- The Hustle Instruction Sheet
- Slappin' Leather Instruction Sheet
- Men in Black Instruction Sheet
- Dance Station Cards
- Dance Stations Set-up Diagram
- Cha Cha Instructions
- Oh' Johnny Dance Instruction Sheet
- Break-dance Task Cards
- Swing: Teacher's Instructions
- Salsa: Teacher's Instructions
- Contemporary Lyrical Dance Cards
- Gotta Get Thru This Instruction Sheet
- Dance Montage Mini Project
- Thriller Dance Instruction Sheet
- Break-Down a Famous Dance Scene Project
- Create-a-Dance Project

Alternative Dance Resources:

- Dance Warm-up Activities
- Alternative Dance Assignment
- La Macarena
- The Bunny Hop
- Chicken Dance
- Oh Johnny
- Tango
- The Bus Stop
- Boot Scootin' Boogie

Dance



Lesson Plan: Introduction to Dance

The students will be able to:

- ✓ Identify and perform a number of popular/famous dance moves
- ✓ Work cooperatively with a partner
- ✓ Demonstrate the 'Limbo'

Equipment:

- Audio clips (30 seconds of music/5 seconds of silence)
- Audio clips (1 minute of music/30 seconds of silence)
- *Famous Dance Moves task cards* (appendix)
- Hockey sticks or other sticks for limbo
- "Limbo Rock" by Chubby Checker
- *Limbo Instruction Sheet* (appendix)

Warm-up:

⇒ Introduce Dance Unit

- We will cover a range of dance styles
- We will progress from easier to learn (square and line) to more challenging (pop-culture and hip-hop)
- Today's lesson is all about having fun and getting relaxed about dancing and performing
- I do not have extensive training in dance so I will teach some, and you will teach yourselves some.
- Those of you who have years of extensive dance training will have to be patient with us who do not. If you are comfortable, it would be nice if you shared some of your experience.

⇒ Follow the Leader

- Arrange students in groups of 4-5
- Stand in a line
- First person in the line gets to lead (dance any moves s/he likes) and others must follow
- When the music changes, the leader drops to the end of the line and the second person in line steps up as the leader
- 30 seconds to lead and 5 seconds to switch to the back of the line
- We will do two rounds so everyone has a chance to lead twice

⇒ Stretch

- Shoulder rolls
- Neck to the side
- V stand to one side; pull back for hamstrings and then reverse

Instruction/Development:

⇒ Famous Dance Moves Circuit

- Before beginning the circuit, have students brainstorm some of the most famous dance moves.
- Explain that they will be learning (or maybe just reviewing) some of the most famous dance moves today.
- You will see many of these moves pop up again during the unit. You may also want to use some of them during your final assignment.
- Remember these moves because we will use them during our warm-up tomorrow
- 1 minute of music to perform the dance move/20 seconds of silence to move to the next card, read it, and then wait for the music to start again

Culminating Activity:

⇒ Limbo

- Limbo has Latin American influence – has since been adapted by Brazilians
- Involves flexibility in the lower back area
- Get students into groups of 5-6 and find a space on the floor with a hockey or broomstick
- Start at head height so that everyone can go through easily

- Lower about an inch until people start to be eliminated
- Two people volunteer to hold the bar & when the others have gone through, replace holder and switch positions
- Tell students to keep their belly buttons upward
- Have each group's champion challenge the others – who will be the class limbo champ?

⇒ **Alternate Culminating Activity: Create Your Own Dance Using Famous Dance Moves**

- Divide students into groups of 4-5
- Provide each group with 5-6 Famous Dance Task Cards
- Explain to students that they must create a short dance that includes all of the famous moves they have been provided with
- Allot students with 15-20 minutes to create the dance
- Students can perform the dance for the teacher or the entire class

Closure:

- ⇒ Put away equipment and pack up task cards
- ⇒ Ask students what their favourite dance move was today?
- ⇒ Dismiss to go get changed

Dance



Lesson Plan: Cha Cha Slide

<p><u>The students will be able to:</u></p> <ul style="list-style-type: none"> ✓ Demonstrate a jazz box dance step ✓ Demonstrate Michael Jackson's moonwalk ✓ Perform "The Cha Cha Slide" 	<p><u>Equipment:</u></p> <ul style="list-style-type: none"> – Audio clips – 30 seconds of music and 30 seconds of silence – Hula hoops – <i>Jazz Box Task Cards</i> (appendix) – <i>Moonwalk Task Cards</i> (appendix) – <i>Cha Cha Slide Instruction Sheet</i> (appendix) – Michael Jackson Music – "Cha Cha Slide" by DJ Casper
<p><u>Warm-up:</u></p> <p>⇒ Musical Hoops</p> <ul style="list-style-type: none"> • Bring students over to the white board and explain any dance moves that they may not know • During the 30 seconds of silence, move around the gym in any way I call (running, skipping, walking etc...), then when the music comes on (30 seconds), move to which ever hoop you are closest to –it contains a dance move – perform that move for the duration of the music • There may be more than one person around the hoop (maximum 3 people) • Review dance moves quickly to ensure that students know them; ask for demonstrations • Possible dance moves: <ul style="list-style-type: none"> ○ Air Guitar, The Running (Wo)man, The Lawn Mower, The Q-Tip, Walk Like an Egyptian, The Robot, The Macarena, Mime Artist, The Chicken Dance, The Lasso, The Shopping Cart, The Shower, Greased Lightnin', Lasso, Y.M.C.A, V-Sign, Grapevine, Sprinkler, or Twist <p>⇒ Stretch</p>	
<p><u>Instruction/Development:</u></p> <p>⇒ Jazz Box Step (task card)</p> <ul style="list-style-type: none"> • We will need to know this step very well for the dance we will be learning today • Once you have this step mastered, show me and you can move on to the moonwalk <p>⇒ Teach Yourself to Moonwalk (task card)</p> <ul style="list-style-type: none"> • We are going to use the moonwalk during our dance today so it is important that we know it • Hand out task cards to students (on each) • Place Michael Jackson music on in the background ("Billy Jean" or "Beat it") 	
<p><u>Culminating Activity:</u></p> <p>⇒ Cha Cha Slide</p> <ul style="list-style-type: none"> • This dance is based on the Cha Cha (a Latin style of dance) – reworked • Very popular on cruise ships and vacation spots (Mexico) because it is easy to learn since it calls out the dance moves for you • This is an easy dance to learn, so put some individual style into it • Listen to the song to see what to expect • Have moves broken into three parts and written on the board and go through each move with demos: <ul style="list-style-type: none"> ○ Get funky (move to the music) ○ Clap your hands (clap and move body) ○ To the left/right (grapevine) ○ Take it back now ya'll (3 steps back) ○ Hop (hop forward – 2 feet) ○ Right/left foot stomp (stomp foot) 	

- Cha Cha real smooth (jazz box)
- Turn it out/let's go to work (360 degree spin)
- Slide (one step and slide other foot)
- Crisscross (feet apart – cross)
- Hands on your knees (cross hands over knees)
- Freeze (strike a pose)
- How low can you go? (twist down low)
- Bring it to the top (raise up with arms waving)
- Reverse (moonwalk)
- Charlie Brown (jump forward, hands on knees – head turn)
- Explain that most of the basic moves are in this first section so we will try to follow along – finishing with “cha cha real smooth”
- Attempt to follow along to the entire dance once
- Explain that we will most likely make mistakes, but this is our practice and the whole point of the song is just to have fun and do our best
- We will try it again in order to get a little more mastery
- Now that we have worked out the moves we will try the dance again

Closure:

- ⇒ Have the students perform the dance all the way through while you are their audience (perhaps even video tape them in order to show them later)
- ⇒ Dismiss the students to go get changed

Dance



Lesson Plan: Line Dancing (Part 1)

The students will be able to:

- ✓ Explain the formation and defining characteristics of line dance
- ✓ Perform the "Electric Slide" line dance
- ✓ Perform "The Hustle" line dance

Equipment:

- Stereo
- "Cha Cha Slide" by DJ Casper
- "Electric Boogie" by Marcia Griffiths
- *Electric Slide Instruction Sheet* (appendix)
- "The Hustle" by Van McCoy
- *The Hustle Instruction Sheet* (appendix)

Warm-up:

⇒ Perform The Cha Cha Slide

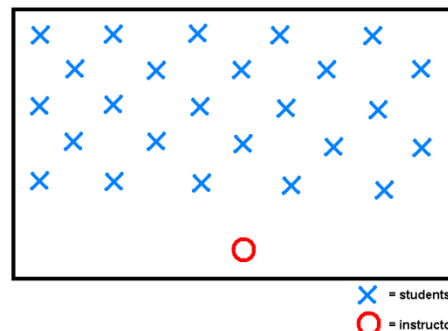
- Arrange students in proper formation
- Review dance from previous lesson
- Perform dance 1-2 times in order to practice and properly warm-up

⇒ Stretch

Instruction/Development:

⇒ Introduction to Line Dance

- Line dances are performed in rows; it is important that the row behind can see the instructor at the front so make sure there are 'windows' to see through
- We will use the following formation:
 - always make sure you can see the instructor
 - we will switch rows throughout learning the dances, so don't think that you will be able to hide at the back all the time
- The defining characteristic of a line dance is that there is a set number of moves that will be repeated throughout the duration of the dance
- Line dances are sometimes referred to as '4 wall dances' because when dancing, you rotate around and repeat the set of dance moves while looking at each of the 4 walls in the space



⇒ Electric Slide

- This is the easiest line dance that we will learn
- It has very basic moves:
 - slide step
 - touch or rock step
 - quarter turn
- This will be a great dance to get used to the idea of performing a line dance and the formation

Culminating Activity:

⇒ The Hustle

- See dance instruction sheet for full instructions
- Breakdown dance into parts A, B, C and D
 - Part A w/o music
 - Part A w music
 - Part B w/o music
 - Parts A&B w/o music

- Parts A&B w music
- Part C w/o music
- Parts A, B & C w/o music
- Parts A, B & C w music
- Perform entire dance (repeat all four walls)

Closure:

- ⇒ What did you find is the most difficult aspect of line dancing?
- ⇒ Dismiss students to get changed

Dance



Lesson Plan: Line Dancing (Part 2)

The students will be able to:

- ✓ Perform the "Slappin' Leather" line dance
- ✓ Apply line dancing knowledge to a popular culture dance

Equipment:

- 2 squishy balls
- Stereo
- General dance music
- "Electric Boogie" by Marcia Griffiths
- "The Hustle" by Van McCoy
- "Slappin Leather" by Shania Twain
- "You Shook Me All Night Long" by ACDC
- *Slappin' Leather Instruction Sheet* (appendix)
- "Men in Black" by Will Smith
- *Men in Black* video
- *Men in Black Instruction Sheet* (appendix)

Warm-up:

⇒ **Dancing Hot Potato**

- Make a circle with everyone in the class (middle of the gym)
 - Close enough so elbows touch
- When the music is playing simply pass the ball around (cannot go to the person beside you and must pass to a different person each time you get it)
- If you are holding the ball when the music stops, you must think of some dance move to perform before you pass the ball from now on (every time you pass it)
 - If you get caught with the ball more than once, then you have to make up a different dance move each time you get caught with it
- If a little slow, add in another ball

⇒ **Stretch**

⇒ **Perform The Electric Slide and The Hustle**

- Arrange students in proper formation
- Review dances from previous lesson
- Perform dance 1-2 times in order to practice and properly warm-up

Instruction/Development:

⇒ **Slappin' Leather**

- See dance instruction sheet for full instructions
- Breakdown dance into parts A, B, C and D
 - Part A w/o music
 - Part A w music
 - Part B w/o music
 - Parts A&B w/o music
 - Parts A&B w music
 - Part C w/o music
 - Parts A, B & C w/o music
 - Parts A, B & C w music
- Perform entire dance (repeat all four walls)

Culminating Activity:

⇒ **Men in Black**

- See dance instruction sheet for full instructions
- Breakdown dance into parts A, B, C and D
 - Part A w/o music
 - Part A w music
 - Part B w/o music
 - Parts A&B w/o music
 - Parts A&B w music
 - Part C w/o music
 - Parts A, B & C w/o music
 - Parts A, B & C w music
- Perform the entire dance (repeat until lyrics)

Closure:

- ⇒ Watch *Men in Black* music video
- ⇒ Dismiss students to go get changed

Dance



Lesson Plan: Dance Stations

<p><u>The students will be able to:</u></p> <ul style="list-style-type: none"> ✓ Demonstrate dance steps/moves from a variety of dance genres ✓ Work cooperatively within a group in order to achieve a goal 	<p><u>Equipment:</u></p> <ul style="list-style-type: none"> – Hip-hop music – <i>Dance Station Cards</i> (appendix) – <i>Dance Stations Set-up Diagram</i> (appendix) – “The Hokey Pokey” – Various country songs – <i>Shark Tale</i> video – <i>Honey</i> video – <i>Cha Cha instructions</i> (appendix) – <i>Oh’ Johnny dance instruction sheet</i> (appendix) – <i>Break-dance Task Cards</i> (appendix) – 2 stereos – A TV/DVD player
<p><u>Warm-up:</u></p> <p>⇒ Dance Video Clip Warm-Up</p> <ul style="list-style-type: none"> • Warm-up for dance using a video clip • There are literally thousands of dance videos out there in every genre – they are a great way to learn a variety of dances and get a great work out at the same time! • Great way for you to either learn dance or get a dance work-out in at home • Most videos include a 5-10 minute warm-up option on the main menu <p>⇒ Stretch</p>	
<p><u>Instruction/Development:</u></p> <p>⇒ Explain dance station lesson</p> <ul style="list-style-type: none"> • Goal: To learn 5 different dances that range in styles and difficulty • Students will spend 7-10 mins. at each station (then rotate to next station) <p>⇒ Go through and explain each station</p> <ul style="list-style-type: none"> • Choose five from the following: <ul style="list-style-type: none"> ○ Hokey Pokey ○ Create Your Own Line Dance ○ <i>Shark Tale</i> (“Bye Bye Bye” – Nsync) ○ Hip-hop routine <ul style="list-style-type: none"> ▪ Hannah Montana – “Hoedown Throwdown” ▪ “Superman” (Crank That) ▪ Dance Like <i>Honey</i> ○ Break dance freezes and moves ○ Cha Cha Cha (ballroom) ○ Square Dance- “Oh’ Johnny” ○ Rhythmic Gymnastics <p>⇒ Organize class into 5 equal groups</p>	
<p><u>Culminating Activity:</u></p> <p>⇒ Groups rotate through each station</p> <ul style="list-style-type: none"> • Circulate to make sure students are on task 	

Closure:

- ⇒ Each group can choose one station to perform for the teacher (and/or class)
- ⇒ Dismiss students to go get changed

Dance



Lesson Plan: Swing (Partner Dancing)

<p><u>The students will be able to:</u></p> <ul style="list-style-type: none"> ✓ Explain a brief history of swing dance ✓ Describe and perform 5 basic swing dance steps ✓ Swing dance throughout an entire song; be able to choreograph moves on the spot ✓ Work cooperatively with a partner 	<p><u>Equipment:</u></p> <ul style="list-style-type: none"> – Swing music – Stereo – <i>Swing: Teacher's Instructions Sheet</i> (appendix) – <i>Swing Kids</i> film – TV/DVD player
<p><u>Warm-up:</u></p> <p>⇒ Mirror Dance Partners</p> <ul style="list-style-type: none"> • Arrange students in pairs and have them face each other, one on either side of a line • Students cannot use any words to hint what moves they are going to try • If the leader moves to his/her right, then his/her partner must move to his/ her left – mirroring the leader • Tell students to add in some facial or body movements that will cause a reaction (the follower must mimic the leader – cannot burst out laughing) • Leader dances for each portion of the music, then change roles • Option: This warm-up can also be completed in a line. Arrange students in two lines – each facing the other. On every music change, students move one spot down in their line, getting a new partner each round. <p>⇒ Stretch</p>	
<p><u>Instruction/Development:</u></p> <p>⇒ Tell students the history of swing</p> <ul style="list-style-type: none"> • The history of swing dates back to the 1920's, where the black community, while dancing to contemporary Jazz music, discovered the Charleston and the Lindy Hop. • In the mid 1930's, a bouncy six beat variant was named the Jitterbug by the band leader Cab Calloway when he introduced a tune in 1934 entitled "<i>Jitterbug</i>". <p>⇒ Organize students into the teaching formation</p> <ul style="list-style-type: none"> • Line all males facing the back of the male teacher • Female teacher faces male teacher • All females line up facing the back of the female teacher • See <i>Swing Dance: Teacher's Instructions</i> for diagram <p>⇒ Teach students the Basic Position</p> <ul style="list-style-type: none"> • See <i>Swing Dance: Teacher's Instructions</i> <p>⇒ Teach students the Basic Step</p> <ul style="list-style-type: none"> • See <i>Swing Dance: Teacher's Instructions</i> <p>⇒ Teach students Kicks and Heel Tip</p> <ul style="list-style-type: none"> • See <i>Swing Dance: Teacher's Instructions</i> <p>⇒ Teach students the Ladies Outside Turn</p> <ul style="list-style-type: none"> • See <i>Swing Dance: Teacher's Instructions</i> <p>⇒ Teach students Alternating Turns</p> <ol style="list-style-type: none"> a. Girls' b. Boys' 	

- c. Both
- See *Swing Dance: Teacher's Instructions*

⇒ **Teach students the Belt Wrap and Hand Changes**

- a. Simple hand change
- b. Behind the back
- c. Shoulder slide
- See *Swing Dance: Teacher's Instructions*

Culminating Activity:

⇒ **Entire Swing Dance**

- Put on a swing song of your choice and encourage the students to dance the entire song; incorporating all of the moves learned during the lesson

Closure:

- ⇒ What are some benefits of partner dancing?
- ⇒ What were some frustrations you had?
- ⇒ Show a clip from *Swing Kids*
- ⇒ Dismiss students to go get changed

Dance



Lesson Plan: Salsa (Partner Dancing)

<p><u>The students will be able to:</u></p> <ul style="list-style-type: none"> ✓ Explain a brief history of salsa dance ✓ Describe and perform 7 basic salsa dance steps ✓ Salsa dance throughout an entire song; be able to choreograph moves on the spot ✓ Work cooperatively with a partner 	<p><u>Equipment:</u></p> <ul style="list-style-type: none"> – <i>Dirty Dancing</i> Soundtrack – Stereo – <i>Salsa: Teacher's Instructions</i> sheet (appendix) – <i>Dirty Dancing</i> film – TV/DVD player
<p><u>Warm-up:</u></p> <p>⇒ Perform Swing Dance</p> <ul style="list-style-type: none"> • Arrange students into partners • Review swing dance moves from previous lesson • Put on swing music and have students dance throughout the entire song <p>⇒ Stretch</p>	
<p><u>Instruction/Development:</u></p> <p>⇒ Introduce students to salsa:</p> <ul style="list-style-type: none"> • Salsa is a Latin style of dance • It is growing in popularity • There are many styles of salsa • As the name indicates, it is HOT! The dance requires a lot of hip movement. • It is a spot dance; not mush movement around the floor <p>⇒ Organize students into the teaching formation</p> <ul style="list-style-type: none"> • Line all males facing the back of the male teacher • Female teacher faces male teacher • All females line up facing the back of the female teacher • See <i>Salsa: Teacher's Instructions</i> for diagram <p>⇒ Teach students the Basic Position</p> <ul style="list-style-type: none"> • See <i>Salsa: Teacher's Instructions</i> <p>⇒ Teach students the Side to Side Step</p> <ul style="list-style-type: none"> • See <i>Salsa: Teacher's Instructions</i> <p>⇒ Teach students the Cucaracha Step</p> <ul style="list-style-type: none"> • See <i>Salsa: Teacher's Instructions</i> <p>⇒ Teach students the Cross Basic Step</p> <ul style="list-style-type: none"> • See <i>Salsa: Teacher's Instructions</i> <p>⇒ Teach students the Back Basic Step</p> <ul style="list-style-type: none"> • See <i>Salsa: Teacher's Instructions</i> <p>⇒ Teach students the Turning Basic Step</p> <ul style="list-style-type: none"> • See <i>Salsa: Teacher's Instructions</i> <p>⇒ Teach students the Latin Basic Step</p> <ul style="list-style-type: none"> • See <i>Salsa: Teacher's Instructions</i> 	

⇒ **Teach students the Single Right Turn Step**

- See *Salsa: Teacher's Instructions*

Culminating Activity:

⇒ **Entire Salsa Dance**

- Put on a salsa song of your choice and encourage the students to dance the entire song; incorporating all of the moves learned during the lesson

Closure:

⇒ Show a clip from *Dirty Dancing*

⇒ Dismiss students to go get changed

Dance



Lesson Plan: Contemporary Lyrical

The students will be able to:

- ✓ Define the contemporary lyrical dance genre
- ✓ Practice and perform a contemporary lyrical dance
- ✓ Choreograph a contemporary lyrical dance
- ✓ Work cooperatively within a group in order to achieve a goal

Equipment:

- *Contemporary Lyrical Dance Cards* (appendix)
- Stereo
- “Gotta Get Thru This” by Daniel Bedingfield
- *Gotta Get Thru This Instruction Sheet* (appendix)
- A variety of contemporary lyrical songs
- A clip from *So You Think You Can Dance?*
- TV/DVD player

Warm-up:

⇒ **Dance the Lyric**

- Place a short lyric from a contemporary song on a piece of paper – make sure the lyric is something the students can ‘act out’; for example, “down comes the rain” or “you break my heart”.
- Arrange students in a semi-circle around you and explain that you are going to show them a card and they must act/dance out the lyric.
- Have about 10-15 cards.
- Optional: Once you have gone all the way through the stack of cards, flip through them quickly so that the students perform a quick dance.

⇒ **Stretch**

⇒ **Show a clip of Contemporary Dance**

- Examples: *So You Think You Can Dance?*, *Dancing with the Stars*, *Glee*

Instruction/Development:

⇒ **Introduce students to the contemporary lyrical dance genre**

- Contemporary lyrical dance is a modern dance form which fuses modern dance, jazz, and ballet.
- It requires excellent technique to perform, as the moves are often difficult and precise.
- Moreover, the dancer should be aware of his or her facial expressions while dancing.
- The form is most often seen in live shows of contemporary music artists, like Celine Dion.
- Cirque du Soleil frequently combines elements of contemporary lyrical dance in their routines as well.
- The goal of the lyrical dancer is to convey the emotion of a song’s lyrics.
- Intense emotional expression of the face and body are necessary to tell a story that evolves along the lines of the song to which lyrical dance is performed.
- Unlike other dance forms, contemporary lyrical dance is far less concerned with a dancer’s physique.
- Often excellent jazz and ballet dancers are drawn to the lyrical style because they lack the traditional dancer’s build.
- It is quite common to see lyrical dancers who are not extremely thin.
- However, lyrical dance demands a high degree of flexibility and complicated lifts, so dancers with a nontraditional build still need to be in excellent physical shape to perform lyrical pieces.
- Characteristic of the contemporary lyrical dance style is flowing dance moves that connect throughout the dance.
- Contemporary lyrical dance is an evolving form, with most practitioners and choreographers better known for either their contributions to the jazz or ballet world.
- The form is receiving much attention through the Fox network reality show, *So You Think You Can Dance*.
- Choreographer Mia Michaels, who has her own successful contemporary lyrical company, is considered the program’s expert on contemporary lyrical.
- The show is definitely indicative of the general public’s increased interest and appreciation of the dance

form.

⇒ **Learn Gotta Get Thru This contemporary lyrical dance**

- See dance instruction sheet for full instructions
- Breakdown dance into parts A, B, C and D
 - Part A w/o music
 - Part A w music
 - Part B w/o music
 - Parts A&B w/o music
 - Parts A&B w music
 - Part C w/o music
 - Parts A, B & C w/o music
 - Parts A, B & C w music

⇒ **Perform Gotta Get Thru This**

- Perform once all the way through with the teacher at the front as a model
- Then, allow students to perform on their own while the teacher acts as the audience
- Optional: videotape final performance of the dance

Culminating Activity:

⇒ **Create a Contemporary Lyrical Dance**

- **Divide students into groups of 3-4**
- **Provide each group with the lyrics of a song suited for contemporary lyrical dance; some examples are:**
 - Gotta Get Thru This - Daniel Bedingfield
 - Where I Stood - Missy Higgins
 - Dizzy- The Goo Goo Dolls
 - Please Forgive Me- David Grey
 - Hero- Mariah Carey
 - Wild Horses- Natasha Bedingfield
 - Fix You- Coldplay
 - Violet Hill- Coldplay (it's a little more contemporary, but it's cool)
 - A New Day Has Come - Celine Dion
 - Alone - Heart
 - Twilight - Vanessa Carlton
 - Uninvited - Alanis Moresette
 - Hands - Jewel
 - These Days- Chantal Kreviazuk
 - The Special Two- Missy Higgins
 - Black Balloon- Goo Goo Dolls
 - Better Days- The Goo Goo Dolls
 - Iris- The Goo Goo Dolls
 - A Million Miles Away- Rihanna
 - Sober- Kelly Clarkson
 - Always Be My Baby-Mariah Carey
 - You and Me- Lifehouse
 - Storm- Lifehouse
 - Apologize- One Republic (not the Timbaland version)
 - Stand- Rascal Flatts
 - What Hurts The Most - Rascal Flatts
 - Unfaithful- Rihanna
 - My Heart Will Go On - Celine Dion
 - Don't forget to remember me - Carrie Underwood
 - Before He Cheats- Carrie Underwood
 - I'll Be- Edwin McCain
 - Big Girls Don't Cry- Fergie
 - Cry- Rihanna
 - I Hope You Dance- Leanne Rhymes
 - Because You Loved Me- Celine Dion

- Song for Mama- Boys 2 Men
- You Can't Lose Me- Faith Hill
- I Turn To You- Christina Aguilera
- Total Eclipse of the Heat - Bonnie Tyler
- Stand By Me- Ben E. King
- Designate each group a space to create and practice their contemporary lyrical dance
- Have the lyrics printed on a 11x17 piece of paper on the wall in each space
- Warn students that they will probably only have enough time to create the first 30 seconds – one minute of the song
- Once practice time is over, each group will perform to the teacher (and the whole class)

Closure:

- ⇒ Optional: videotape final contemporary lyrical performances
- ⇒ Dismiss to go get changed

Dance



Lesson Plan: Dance Montage

The students will be able to:

- ✓ Identify different genres of music and dance
- ✓ Choreograph and perform a dance in front of peers
- ✓ Describe how dance has changed over the years
- ✓ Work cooperatively within a group in order to achieve a goal

Equipment:

- 5 different CDs with 12 10-second music clips on each
- *Dance Montage Mini Project* assignment handouts (appendix)
- *Dance Evolution* video clip
- 5 CD players
- TV and DVD player

Warm-up:

⇒ **Perpetual Motion Machine**

- Divide students into groups of 4
- Groups must decide upon which machine they want to be
- Create a sequence of three movements with each movement being performed by a different group member
- The sequence of three movements represents the machine creating its product, while the forth member of the group is responsible for pantomiming the machine's product
- Student 1 must initiate Student 2's movement, while student 2's movement initiate's Student 3's movement and so forth
- Student 3's movement results in the product
- After practice, the machine should become perpetual
- Each group will perform their machine while the other groups guess what it is
- This warm-up is a great way to practice the concept of a dance 'cannon'

⇒ **Stretch**

Instruction/Development:

⇒ **Go through *Dance Montage Mini Project* outline**

- Arrange students into groups of four to five
- Final project for this unit is to create your own dance, this assignment today will give us a little practice and make us more comfortable with performing
- Define *montage*: a rapid sequence of film scenes
- Explain the students' task (create and perform)
- Go over the questions to consider
 - Famous dance?
 - Lyrics?
 - Decade?
 - Genre?
- Rehearse, make transitions seamless
 - Think about in what position you have to begin your neck clip
- Moves do not always have to be elaborate
 - Give example: raising your hands in the air or jumping

⇒ **Go over grading rubric**

- Mood
 - Give example: can't be all smiley if you are dancing to hard core rap
- Enthusiasm
- Put on a show/entertaining
- Dance moves suited clips

- Well rehearsed

⇒ **Each group needs:**

1. An assignment handout
2. A space to practice (gym, weight room, hall, etc...)
3. A CD player (don't play too loud – courteous to other groups/classes)
4. A CD containing music clips (I have 5 different ones – I will give you one at random)

⇒ **Find a space and practice for approximately 20 mins.**

- Go around to help and make sure everyone is on task
- Have groups choose a card to see in which order they will perform

Culminating Activity:

⇒ **Students perform dance montages**

- Either to the teacher or to the entire group
- If the to the whole class then explain expectations for viewing:
 - be respectful (laughing is okay because they are funny)
 - clap at the end
 - do not whisper, make comments etc...

Closure:

⇒ **Inspiration for today's lesson:**

- I found this video clip as a perusing UTube; it is called "The Evolution of Dance"
- I probably find it more funny than the rest of you because I have performed the majority of the dances he does
- His performance is a little different than ours; he progresses through a timeline: 1950s to today
- Show video clip (6 mins.)

Dance



Lesson Plan: Thriller

<p><u>The students will be able to:</u></p> <ul style="list-style-type: none"> ✓ Explain the history of the “Thriller” dance ✓ Break down and perform an adapted version of Michael Jackson’s “Thriller” dance 	<p><u>Equipment:</u></p> <ul style="list-style-type: none"> – Stereo – <i>Thriller Dance Instruction Sheet</i> (appendix) – “Thriller” by Michael Jackson – <i>Thriller</i> music video – TV/DVD player
<p><u>Warm-up:</u></p> <p>⇒ Team Musical Chairs</p> <ul style="list-style-type: none"> • Set up a large circle using grey mats or chairs • There needs to be one less chair or mat than there are people in the group • Divide the class into two teams (boys vs. girls or pinnies) • Dance around the outside of the chairs or mats to the music, when the music stops, quickly grab a mat or chair – if you are standing without one, the other team gets a point and the team that lost must create a new dance to do around the mats • No one is eliminated during this game • Students perform dance moves while moving around the chairs/mats instead of walking or running • Or, the individual who gets caught without a mat must make up the next dance around the mats (s/he must lead it) <p>⇒ Stretch</p>	
<p><u>Instruction/Development:</u></p> <p>⇒ Introduce Thriller</p> <ul style="list-style-type: none"> • A 1983 hit, one of Michael Jackson’s signature songs, partially for the video’s amazing dancing and choreography. Created with a horror theme, it still appears on countdowns of notable classic videos. • 14 minute music video (redefined music videos) - horror film spoof • For those of you who have not seen it, it includes zombies and ware wolves; looks goofy now, but was ground breaking in the 80’s • We will be doing an adapted dance that uses a lot of the same moves - I’ve included the most famous moves from Michael’s dance, a couple of adaptations from the movie <i>13 going on 30</i>, and some sequencing of my own in order to make it fit for class • *Note: this is NOT the original dance. The people in the music video are professional dancers and it took them 6 months to learn. • Listen to music and master timing the head nods to the music • This is a very theatrical dance – meant for a performance (no smiling!) • Two most important aspects: TIMING (with music) and MOOD <p>⇒ Set-up Students and Explain Zombie Beginning</p> <ul style="list-style-type: none"> • Get students into three rows facing the teacher (make sure students behind can see through ‘windows’ in front) • Once students have designated a spot, mark it somehow (with a sticker perhaps) or just remember • Play the music and have them listen for the change in beat • Explain that during the slow, opening door beat (approx 17 seconds), they will be slowly walking like zombies to their spots, therefore, have them slowly walk out from their spots to see where they will begin • Hang head as soon as beat quickens (only to be raised again when the dance begins) 	

⇒ **Breakdown dance into parts A, B, C and D**

- See instructional sheet (appendix)
 - Part A w/o music
 - Part A w music
 - Part B w/o music
 - Parts A&B w/o music
 - Parts A&B w music
 - Part C w/o music
 - Parts A, B & C w/o music
 - Parts A, B & C w music
 - Part D w/o music
 - Parts A, B, C & D w/o music

Culminating Activity:

⇒ **Perform entire Thriller dance**

- Parts A, B, C & D with music (entire dance)
- Perform once with teacher in front and then once with the teacher watching (perhaps even videotaping)

Closure:

- ⇒ Watch *Thriller* music video
- ⇒ Dismiss students to get changed

Dance



Lesson Plan: Breakdown a Famous Dance

<p><u>The students will be able to:</u></p> <ul style="list-style-type: none"> ✓ Analyze, breakdown, record, practice, and perform a famous dance scene from popular culture ✓ Work cooperatively within a group in order to achieve a goal 	<p><u>Equipment:</u></p> <ul style="list-style-type: none"> – Stereo – Music clips – 5 TV/DVD players (or computers) – DVD copies of famous dance scenes or access to the internet – <i>Break-Down a Famous Dance Scene</i> handouts (appendix)
<p><u>Warm-up:</u></p> <p>⇒ Musical Lines</p> <ul style="list-style-type: none"> • For each line on the gym floor, students perform a different dance move • Students must switch lines every 30 seconds • Example moves: <ul style="list-style-type: none"> ○ Black lines: slides ○ Green lines: grapevines ○ Yellow lines: disco points ○ White lines: rolls forward and back ○ Red lines: sunshine hands <p>⇒ Stretch</p>	
<p><u>Instruction/Development:</u></p> <p>⇒ Go over <i>Breakdown a Famous Dance Scene</i> handout with students:</p> <ul style="list-style-type: none"> • Watch the video clip • Break the dance into three sections – A, B, and C • Name (e.g. 3 steps forward) and describe (e.g. lead with right foot, bend knees, and snap fingers) each move • Practice so that the group is cohesive and the dance appears really well rehearsed • Perform in front of the teacher (and, with permission, a video camera) • If a move is too difficult, you may adapt it • If the dance is too long, you may shorten it • You will not have a CD with the music, so you must use the music from the video clip <p>⇒ Form students into groups of 3-5</p> <ul style="list-style-type: none"> • Students may either form their own groups or the teacher may decide to form the groups <p>⇒ Decide on famous dance scene</p> <ul style="list-style-type: none"> • Once the groups are formed, have each group draw a number to determine in what order to group gets to select a dance • Once they have made a selection, they cannot change their mind (otherwise, students tend to spend the entire time watching all of the clips instead of practicing) 	

Culminating Activity:

⇒ Breakdown a Famous Dance Scene

- Once students have selected their dance scene, designate them a space and provide them with a TV/DVD player and a copy of the dance scene
- Check on the groups throughout the period to make sure they are on task
- Remind them that they must write out the dance as well as perform it
- When there is only 20 minutes left of class, tell students that videotaping will begin soon

Closure:

- ⇒ Videotape students' famous dance scene performances
- ⇒ Dismiss to go get changed

Dance



Lesson Plan: Create Your Own Dance

<p><u>The students will be able to:</u></p> <ul style="list-style-type: none"> ✓ Choose a dance genre of interest ✓ Choreograph their own dance ✓ Work cooperatively within a group in order to achieve a goal 	<p><u>Equipment:</u></p> <ul style="list-style-type: none"> – <i>Create-a-Dance</i> project handouts (appendix) – Stereos – Variety of music
<p><u>Warm-up:</u></p> <p>⇒ Pass-a-Dance</p> <ul style="list-style-type: none"> • Arrange all students in a circle • First person performs a dance move and the whole group performs it • Moving clockwise, the second person in the circle performs a dance move • The whole group then performs Student 1's move and then Student 2's move • Continue until the entire group has gone • Or, to make it quicker, just do this warm-up so that each person creates a move, the class mimics it and then go onto the next person • Or, perform this warm-up as a wave. First person creates a move, it gets 'passed' onto the next person and so on and so until the whole class appears to have performed a dance wave. Wave changes when it has gone all away around the circle and it is the next person's turn to create a new dance. • This warm-up works great at the end of the unit because it can review all of the dance moves learned in a unit • *This a great game to test memory as well <p>⇒ Stretch</p>	
<p><u>Instruction/Development:</u></p> <p>⇒ Go through the Create-a-Dance project handout</p> <ul style="list-style-type: none"> • Decide on a genre of dance that you are interested in learning more about (I encourage you to try something new): <ul style="list-style-type: none"> ○ Swing/Jive ○ Hip-Hop ○ Ballroom (Waltz, Tango, Foxtrot, Cha Cha etc...) ○ Salsa ○ Belly Dance ○ Break Dancing ○ Other? (Please check with me first) • Based on your genre interest, form a group of 2-5 with whom you will learn and create the dance <ul style="list-style-type: none"> ○ Hint: you will need an even number if you are creating a partner dance • Learn more about the chosen genre of dance. Look at instructional websites, videos and books (many will be provided to you) • Choose favourite moves to include in your dance • Choose a song that suits your genre of dance • Sequence the moves and add a few of your own (that fit the genre) in order to create an original and unique dance of your own • Record your moves and describe your dance on the blank dance template (provided on the back of this handout) • Practice your dance in parts and as a whole (without and with music) many times so that you can perform it flawlessly as a group (you will be given class time to practice) • Decide on a group costume to represent your genre of dance • Perform your dance in front of the rest of the class 	

- You will be assessed by peer and teacher evaluation

Culminating Activity:

⇒ **Begin Create-a-Dance Project**

- By the end of this lesson you will need to:
 - Decide on a genre
 - Create a group of 2-5
 - Choose a song that fits your genre
 - Decide who will bring music and speakers for the rest of the sessions
 - Begin planning the moves you would like to include in your dance

Closure:

- ⇒ Provide students with a schedule of practice times and the performance date
- ⇒ Dismiss to get changed

The Hitch Hike



Step 1:

With your feet locked to the floor, point your right thumb over your right shoulder for a count of three...



Step 2:

... then clap once.



Step 3:

Same again, but this time with your left thumb-over your left shoulder for three...



Step 4:

... and back for another clap.

The Sprinkler



Step 1:

Hold your left arm straight out in front of you. Ball your hand into a fist.



Step 2:

Bring your right fist up to your right ear, with the elbow pointing forward.



Step 3:

In time with the beat, bring your right elbow and your left forearm together and back out again.



Step 4:

Repeat three times while rotating your body 90 degrees to the left, then return to your starting position.

The V-Sign



Step 1:

Make a "V" with the index and middle fingers of your right hand and bring it up to eye level, palm out.



Step 2:

Move your hand in front of you from left to right.



Step 3:

Repeat on the left side - shimmy a "V" of your left fingers...



Step 4:

... across from right to left. Repeat as desired.

Big Fish, Little Fish, Cardboard Box



Step 1:

Stand with your hand out in front of you, a fair distance from one another (as if measuring a big fish).



Step 2:

Shrink the size of the imaginary fish on the next beat.



Step 3:

On the next beat, mime a box by switching your hands so they are one above the other...



Step 4:

... then complete the box on the next beat by switching your hands back to mime its sides. Continue this series of moments.

The Grapevine



Step 1:

Take a short sideward step, then step across and in front with your other foot.



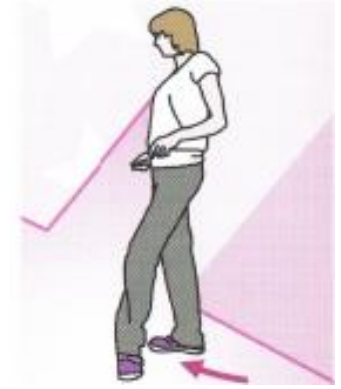
Step 2:

Another step to the side, then step across and behind with your other foot.



Step 3:

You can continue in the same direction, or break and head off in another.



Step 4:

Roll your grapevine by simply stepping further over, turning your whole body.

The Lawnmower



Step 1:

Start the engine – bend down and yank the invisible starting cord in time with the rhythm of the music.



Step 2:

Stand with your hands out in front of you.



Step 3:

Alternate lifting your feet in time with the music, swaying your hips as you go.



Step 4:

Occasionally wipe your brow with one hand – mowing can be a sweaty business!

Climb the Ladder



Step 1:

Raise one hand a little above shoulder height and keep the other hand slightly below. Gently ball your fists.



Step 2:

Slide the upper hand down to below shoulder height and slide the lower hand above, both at the same time.



Step 3:

Slide your two hands back to the original starting points.



Step 4:

With accompanying enthusiastic lifts of the shoulders, repeat Steps 2 and 3 until you've climbed yourself out.

Stack the Shelves



Step 1:

Turn right and place an imaginary can onto its imaginary shelf.



Step 2:

Turn left and repeat the can action.



Step 3:

Once mastered, why not move onto bigger items...



Step 4:

... placed on shelving at different heights? Enliven with shoulder twists and foot stomps.

Sunrise Sunset



Step 1:

Standing with your feet roughly shoulder width apart, cross your arms straight down in front of you.



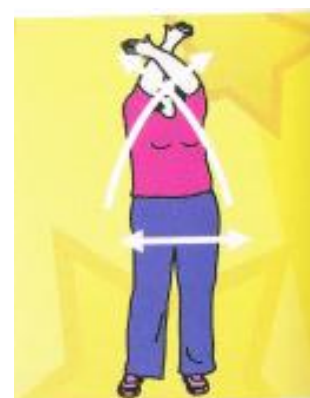
Step 2:

Arc your left arm counterclockwise and your right arm clockwise at the same time, keeping them nice and straight (Sunrise).



Step 3:

Arc both arms back to their original starting points, going in the opposite directions (Sunset).



Step 4:

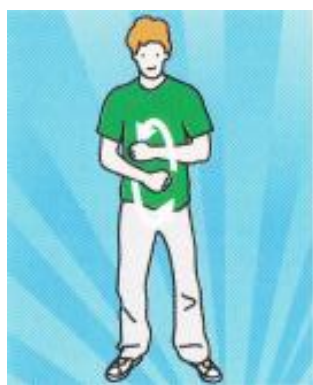
Repeat, swaying hips and shaking head.

Eggbeater



Step 1:

Raise your hands to chest height, right in front of left, and gently clench your fists, facing toward you.



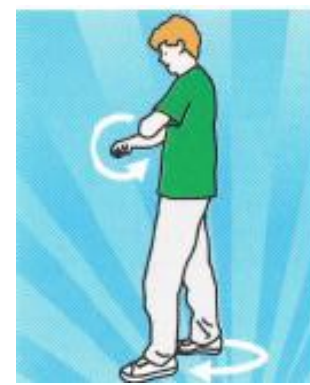
Step 2:

Vigorously rotate your fists around each other.



Step 3:

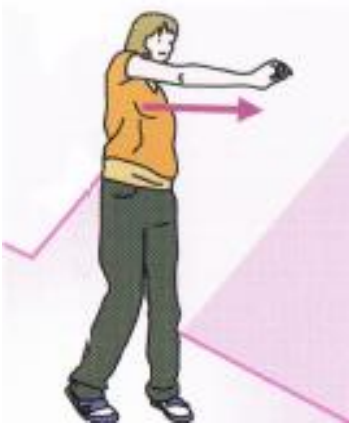
Then vigorously rotate your fists back the other way.



Step 4:

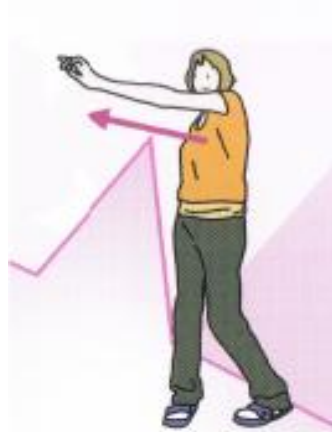
Pair this up with a simple foot move like the Grapevine to add interest.

One From Here, One From There



Step 1:

With your right arm, reach across your body to the left side, then bring your arm back in.



Step 2:

Repeat the move with your left arm, stretching over to your right then back.



Step 3:

Alter the heights to which you reach - go higher and lower.



Step 4:

All the while keep your legs moving - right out then in, left out then in.

The Whip



Step 1:

Raise your right arm above your head...



Step 2:

... and flick your wrist on the upbeat, as if whipping something or someone.



Step 3:

Practice the same move with your left arm - raise above your head...



Step 4:

... and flick, maybe more than once if you fancy. Move your hips as you whip.

The Travolta



Step 1:

Place your feet a little more than shoulder width apart, pointing slightly to the right.



Step 2:

With your left arm away from your body, point skyward with your right hand.



Step 3:

Bring your right arm across your body and point down and left.



Step 4:

Repeat with your left arm - point straight up, then down and right. Your hips should move in time.

Hammer Time



Step 1:

Stand with your feet a little more than shoulder width apart and pointing outward, with your knees bent.



Step 2:

To move right, swivel your right foot from the ankle, pointing to the right then the left at some speed.



Step 3:

Use your right foot as the engine, and slide your left foot along after it.



Step 4:

Then swap direction and power sideways with your left foot.

Walk Like an Egyptian



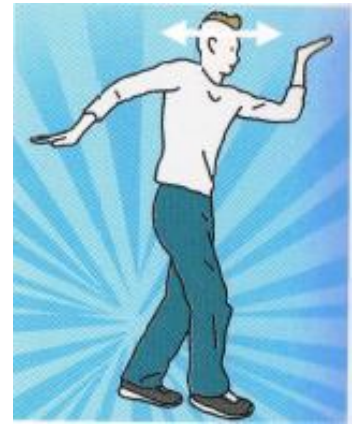
Step 1:
Raise your left arm, bending the elbow with the palm face up.



Step 2:
Raise your right arm, bending your elbow with the palm down.



Step 3:
Shuffle sideways, and move your forearms left and right.



Step 4:
Accentuate this by shifting your head from side to side.

The Q-Tip



Step 1:
Lean out toward your left-hand side and raise your left hand to your ear as shown.



Step 2:
Twirl an imaginary Q-Tip in your ear for a count of four.



Step 3:
This time on the right-lean out, raise your right hand.



Step 4:
Twirl for another count of four.

The Choo Choo



Step 1:
Bend both elbows, keeping your arms by your sides.



Step 2:
Extend both hands out and move them in a circular, forward motion (like the wheels of a train).



Step 3:
Bend your knees up and down in time with the music.



Step 4:
An occasional pull on an imaginary whistle with your left hand above your head won't hurt anyone.

The Corkscrew



Step 1:
Stand with your feet together, pointing out to the sides.



Step 2:
Bring your hands together in front of you at waist height, bending your elbows.



Step 3:
Bend slightly forward and pull your hands up and down (as if you're pulling a corkscrew)...



Step 4:
...while bending your knees and moving your feet inward and outward in time with the hand pulls.

The Smooch



Step 1:

In time with the music, place your right hand on your left shoulder.



Step 2:

Then place your left hand on your right shoulder.



Step 3:

Gently sway your body up and down.



Step 4:

You may want to move your arms up and down too as you go, but be aware that you may earn unwanted cheese-factor points.

The Mime Artist



Step 1:

Lift up your right hand, palm flat and facing out.



Step 2:

Lift up your left hand so it's on the same horizontal plane as your right.



Step 3:

Move both hands around, ensuring they do not stray beyond the “wall”, spoiling the illusion.



Step 4:

Turn to both your left and right sides, and then behind you, repeating these steps.

The Bunny Hop



Step 1:

Stand on your left leg and raise your right knee out just in front of you.



Step 2:

Hop forward on your left leg, lowering and raising your right foot twice as you go.



Step 3:

Then repeat but on the other side.



Step 4:

The move should be smooth, with the front foot only just touching the floor. Lean back with elbows bent.

The Funky Chicken



Step 1:

Stand with your legs together on the balls of your feet, and bend your knees out to the side.



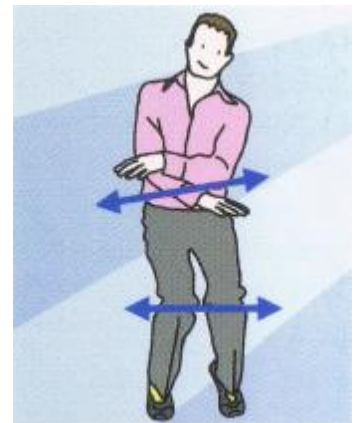
Step 2:

In time with the music, keep bending your knees in and out so it looks like they're clapping.



Step 3:

While this is going on, alternately swing your arms out wide...



Step 4:

...then, cross them over in front, right over left, then left over right.

The Lasso



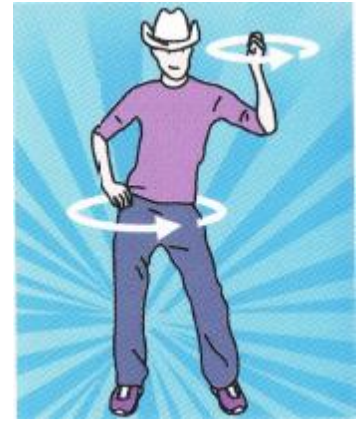
Step 1:
Stand with one hand on your hip, feet about shoulder width apart.



Step 2:
Raise your other hand, bend the elbow, and start rotating your hand through 360 degrees.



Step 3:
As you feel more comfortable, you may want to raise your lasso higher (or lower)...



Step 4:
...and if you're really feeling it, try gyrating your hips as you rotate your hand.

Knock Knees



Step 1:
Bend forward, feet about 18 inches apart, hands on your knees.



Step 2:
Bring your knees together, and as you do so, swap your hands over so left onto right knee, right onto left knee.

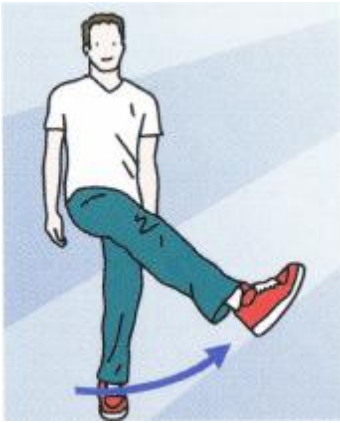


Step 3:
Then bend your knees out to the side, keeping your hands in position so your arms cross.



Step 4:
Return your knees and hands back to the original position. Repeat until you fall over.

Prince's Guitar



Step 1:
Standing on your left foot, straighten your right leg up and across to the left...



Step 2:
...and hold it underneath with your left hand. Move your left hand up and down (like you're fingering a fretboard)...



Step 3:
...and strum/pluck the imaginary strings with your right hand across your upper right thigh.



Step 4:
Hop up and down on your left leg and shake your head to add a bit more wow factor (as if you needed any).

The Ickey Shuffle



Step 1:
With an imaginary ball in your right hand, step to the right, then left, then right.



Step 2:
Swap the ball to your left hand, then back again – step left, right, and left again.



Step 3:
Repeat Step 1.



Step 4:
Finally, three hops to the right and throw the “ball” to the ground (a spike).

The Shopping Cart



Step 1:
Bend your elbows and hold your hands in front of you, about shoulder width apart.



Step 2:
Reach out to your right side with your right hand...

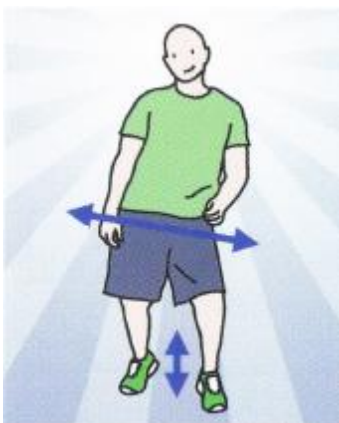


Step 3:
...then stretch it out in front of you (as if you're depositing the item in your "cart").



Step 4:
Repeat Steps 2 and 3 with your left hand, then switch between left and right until your cart is full.

The Boxer



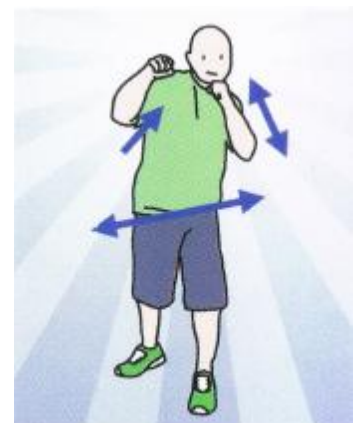
Step 1:
Standing about shoulder width apart, lightly bounce on the balls of your feet and sway your hips.



Step 2:
Raise both arms with your fists clenched and (lightly) punch out twice with your right hand.



Step 3:
Jab out once with your left fist.



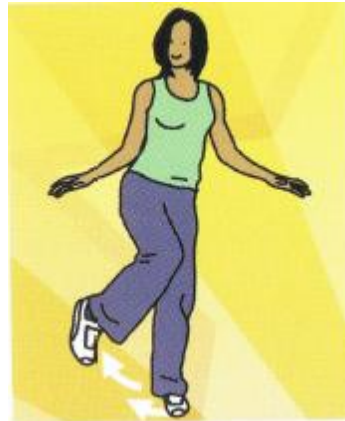
Step 4:
Continue with these and similar jabs, swaying and bouncing as you go.

The Mashed Potato



Step 1:

Start with your heels together, toes pointing out.



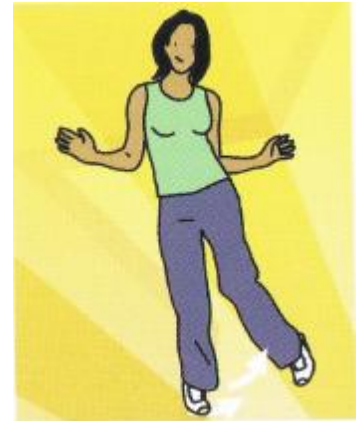
Step 2:

With the weight on your left leg, lift your right heel and swivel out a quarter-turn on the ball of your foot...



Step 3:

...then take it back in.



Step 4:

On the next beat, lift your left heel and swivel it out a quarter-turn before bringing it back in. Repeat as necessary.

The Monkey



Step 1:

Lean slightly forward from your waist, both arms bent with your thumbs up.



Step 2:

Turn to the left, bend a bit lower, and raise your right thumb.



Step 3:

On the next beat, return to your starting position...



Step 4:

...and on the next, turn to the right, bend lower, and raise your right thumb. Then repeat from Step 1.

Sow the Seeds



Step 1:
Standing up, sway in time with the music.



Step 2:
Gracefully reach toward your left armpit with your right arm...



Step 3:
...then cast your imaginary seeds across the floor in front of you.



Step 4:
Speed up your actions, alternate hands, throw seeds behind you, and distribute freely to add energy to your moves.

The Cabbage Patch



Step 1:
Standing up, extend both arms out in front of you, with one arm across your body to meet the other slightly to one side.



Step 2:
Rotate both arms around in a horizontal circle.



Step 3:
For extra effect, shift your weight from one leg to the other as you complete the circle.



Step 4:
The Cabbage Patch can be performed in both clockwise and counterclockwise directions.

Paint the Rainbow



Step 1:

Imagine a rainbow arching overhead and bring both arms up to touch its middle.



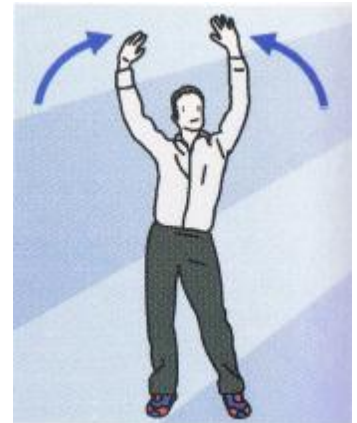
Step 2:

With your right arm, follow the rainbow's right side down.



Step 3:

Then do the same with your left arm on the left side.



Step 4:

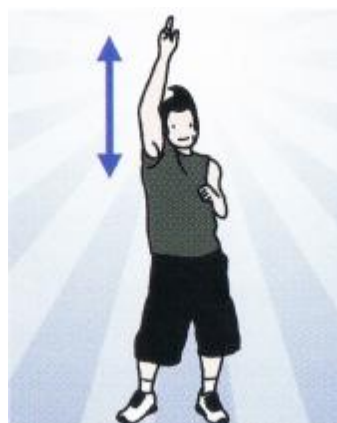
Bring up both arms back to the starting position and start again.

Greased Lightnin'



Step 1:

Stretch your right arm out to the right, palm down, and glide it in an arc to the left.



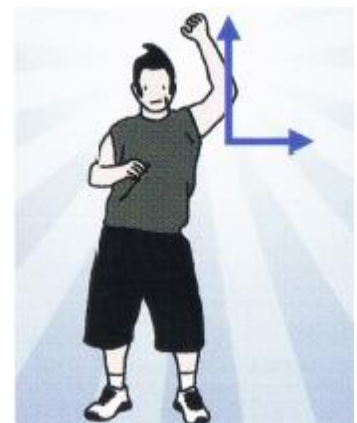
Step 2:

Raise it straight up and down above your head...



Step 3:

...then stretch it straight out to the right, then straight back in.



Step 4:

Repeat steps 2 and 3. Then mirror the whole move using your left arm.

The Spin



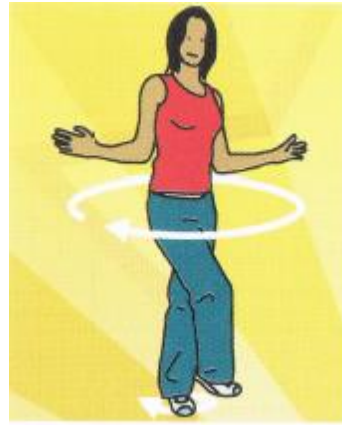
Step 1:

Stand with your feet apart, your left slightly ahead and resting on the ball of your foot.



Step 2:

Swing your arms around your body a few times; this is essential for powering up the move.



Step 3:

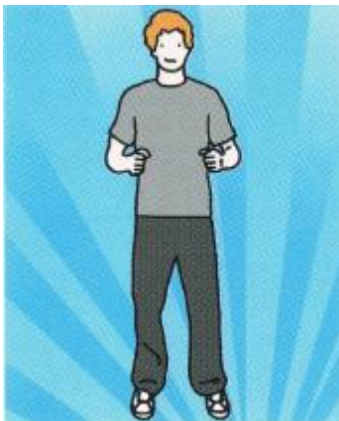
Bring your right foot around, just onto the other side of your left foot, and rotate on your left.



Step 4:

Try and keep your momentum going by spinning 180 degrees on the ball of your left foot, then the other 180 on the heel.

The Stomp



Step 1:

Stand with your feet about shoulder width apart.



Step 2:

On the beat, stomp your foot on the floor.



Step 3:

For variation, stomp in front of you, to the side, or behind...



Step 4:

...and use your other foot. Enliven your stomps with hip- and arm-swaying.

Power Milking



Step 1:

Turn your body to the right, clench your fists (lightly), and bend your arms, with your right hand higher than your left.



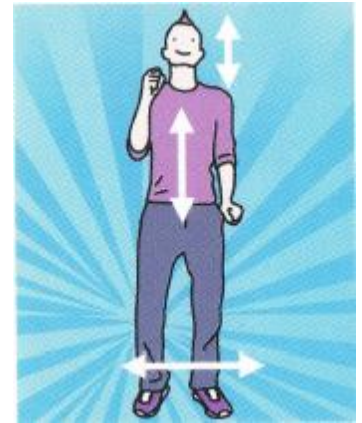
Step 2:

On the beat, bring your left hand up and your right hand down. Continue for four beats.



Step 3:

Then turn to the left and repeat the hand action.



Step 4:

Continue in this way, pulling those "udders." Try nodding your head as you milk, and maybe add some fancy footwork.

Hail to the King



Step 1:

Stand with your feet far apart, knees bent. Bend your arms and place your hands on your hips.



Step 2:

Push out your butt...



Step 3:

...then, on the beat, push your hips forward (forcefully, if the mood takes you).



Step 4:

Jump forward on each thrust, reaching forward then back as if using your hips to propel your forward.

The Watusi



Step 1:

Standing with your feet about shoulder width apart, swing your hips to the right.



Step 2:

As you do so, bring both arms up to the right-hand side, about hip level.



Step 3:

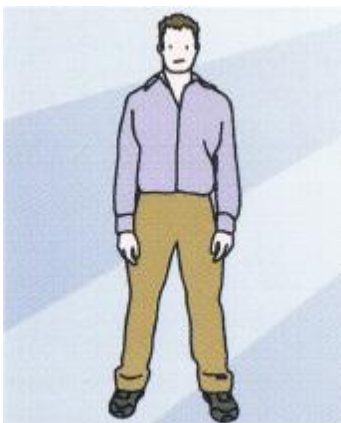
Then swing your hips to the left...



Step 4:

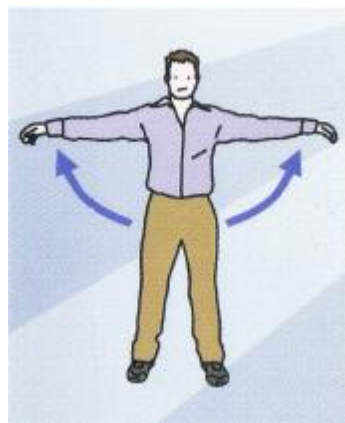
...and your arms down and around in a semicircle. Keep on swinging from left to right.

The Scarecrow



Step 1:

Relax both shoulders, standing with feet about shoulder width apart.



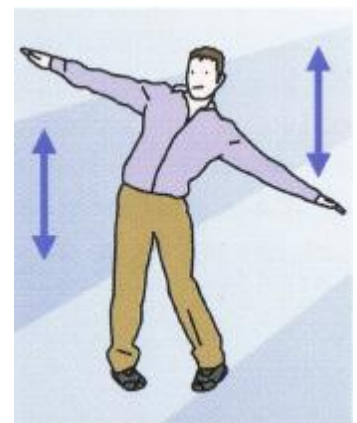
Step 2:

Raise both arms out to the side so they're parallel with the floor.



Step 3:

Move your feet in a shuffling side-to-side motion.



Step 4:

Add variation to your routine by swaying your body from side to side, tipping your arms in alternate directions.

Limbo



Music: "Limbo Rock"

Artist: Chubby Checker

History:

- Has Latin American influence - has since been adapted by Brazilians
- Involves flexibility in the lower back area

Organization:

- Get students into groups of 5-6 and find a space on the floor with a hockey or broomstick
- Start at head height so that everyone can go through easily
- Lower about an inch until people start to be eliminated
- Two people volunteer to hold the bar & when the others have gone through, replace holder and switch positions
- Tell students to keep their belly buttons upward
- Have each group's champion challenge the others - who will be the class limbo champ?

The Cha Cha Slide



Song Title: “The Cha Cha Slide”

Artist: DJ Casper

- This dance is based on the Cha Cha (a Latin style of dance)
- Very popular on cruise ships and vacation spots (Mexico) because it is easy to learn (it calls out the dance moves for you)
- Listen to the song carefully because DJ Casper changes the number and direction of the moves

LYRICS	Dance Moves
PART A <ol style="list-style-type: none"> 1. It's time to get funky 2. Clap your hands 3. To the left, 4. Take it back now ya'll 5. 1 hop this time, 6. Right foot let's stomp, 7. Left foot let's stomp, 8. Cha Cha real smooth 	<ol style="list-style-type: none"> 1. Move on your own (some funky dance move) 2. Clap your hands in time with the music 3. <u>Grapevine Left with Touch</u> <ul style="list-style-type: none"> • 1-2: Step left to left side, cross right behind left • 3-4: Step left to left side, touch right beside left 4. <u>Stroll Back with Touch</u> <ul style="list-style-type: none"> • 1-2: Step back right, step back left • 3-4: Step back right, touch left beside right 5. Hop forward with both feet 6. With weight on left, stomp right foot forward 7. With weight on right, stomp left foot forward 8. <u>Jazz Box with Attitude</u> <ol style="list-style-type: none"> a. 1-2: cross left over right, step back right b. 3-4: step left to left side, step forward right to meet left
PART B <ol style="list-style-type: none"> 9. Turn it out, 10. To the right now 11. Slide to the left, 12. Slide to the right 13. Crisscross 14. Let's go to work, 	<ol style="list-style-type: none"> 9. 360 degree spin 10. Repeat #2 but starting with right 11. Step with the left and slide right into meet left 12. Step with the right and slide left into meet right 13. Jump feet apart, jump feet together crossing right over left (on beats) 14. 360 degree spin
PART C <ol style="list-style-type: none"> 15. Hands on your knees 16. Freeze, 17. How low can you go? 18. Can you bring it to the top? 19. Reverse, Reverse 20. Charlie Brown 	<ol style="list-style-type: none"> 15. Knock-knees together, criss-crossing hands over knees 16. Strike a pose and freeze 17. Twist down as low as you can go 18. Raise arms waving to the beat 19. Moonwalk for 3 steps 20. <u>Charlie Brown:</u> <ul style="list-style-type: none"> • 1-2: Jump forward with both feet with head turned to the right • 3-4: Jump backward with both feet with head turned to the left • Repeat (4x total)

Jazz Box

1. Step across & in front of your right foot with left foot - place weight on the left foot.
2. Step the right foot back (and slightly to the right) and place weight on it.
3. Step the left foot to the left side and place weight on it.
4. Step the right foot next to the left foot.



1.



2.



3.



4.

Jazz Box

1. Step across & in front of your right foot with left foot - place weight on the left foot.
2. Step the right foot back (and slightly to the right) and place weight on it.
3. Step the left foot to the left side and place weight on it.
4. Step the right foot next to the left foot.



1.



2.



3.



4.

Teach Yourself to Moonwalk



The Moonwalk is a simple illusion of one leg moving in the opposite direction to the other. Just like when someone walks on a treadmill - one leg slides backwards while the other moves forward.

Steps:

1. Take one normal step forward.
2. You will end up with one foot in front of the other. Now put enough weight onto your back foot so you can slide your front foot backwards with little resistance. Your back foot should be beneath you - not too far behind you.
3. Now just practice sliding that front foot backwards. Don't worry about moving yet.
4. Once you get comfortable sliding your front foot backwards, get back into the initial position you were in for Step 2 (one foot forward, weight on back foot).
5. Now pop your back leg. Pretend like you are trying to touch something in front of you with your knee; doing this will force you to go onto the ball of your back foot. Practice this a few times.
6. Once you get comfortable popping your back leg, slide your front foot back AT THE EXACT SAME TIME as your back knee is popping forward.
7. Once your leg has slid back to a comfortable position (one that feels natural, not too far back), shift your weight onto your back leg and repeat the process. Note: your front leg will start out in a popped position during this step, as it slides back simply "un-pop" it.
8. Keep practicing steps 7 and 8. As you improve, try to Moonwalk faster and add in more steps.

Teach Yourself to Moonwalk



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8. Keep practicing steps 7 and 8. As you improve, try to Moonwalk faster and add in more steps.

Electric Slide



History: The “Electric Slide” line dance craze was sparked in 1989 by the hit song, “Electric Boogie”, originally performed by Marcia Griffiths, a Jamaican born reggae singer. This fun dance is simple to learn and is easily modified – go on and give it your own electric style!

Music Source: “Electric Boogie” by Marcia Griffiths

Formation: Line dance, all facing forward

Moves: Slide step, walk, touch step, quarter turn

Special Instructions: Begin the slide when Griffiths starts singing

Steps to the Beat:

Measures	Action
1-8	Start with feet together. Two slides to right, close with left foot, clap. Two slides to left, close with right foot, clap.
9-16	Walk backward three steps – right, left, right, touch left toe beside right foot.
17-20	Step forward with left, touch right toe beside left. Step backward with right, touch left foot beside right.
21-22	Step forward with left; make a quarter turn to left; Touch right beside left.
Repeat entire dance	

The Hustle



Music: “The Hustle” – Van McCoy

Special Instructions: Wait through the instrumental portion at the beginning of the song and start when it changes beat (after the first lyric, “Do the hustle.”)

STEPS/MOVES	ORGANIZATION/TEACHING POINTS
PART A <ol style="list-style-type: none"> 3 steps forward, kick right foot and clap 3 steps backward and finish with left foot back and right arm up and pointing Repeat once Plant left foot beside right Put right heel out to the right and point right hand Bring in right leg and plant beside left Put left heel out to the left and point left hand Bring in left leg and plant beside right 	<ul style="list-style-type: none"> Count out 1, 2, 3 Start with left foot Swing right foot back to start first step backwards Swing left foot forward to start first step forward
PART B <ol style="list-style-type: none"> Sunshine hands to the right Sunshine hands to the left Roll hands/body forward Roll hands/body backward Hop forward with both feet Hop backward with both feet 	<ul style="list-style-type: none"> Transfer weight onto right foot Transfer weight onto left foot Transfer weight onto right foot forward Transfer weight onto left foot backward
PART C <ol style="list-style-type: none"> Click heels together twice Tap right heel out in front of body twice Tap right toe behind body twice Bring right foot forward – one heel tap Bring right foot backward – one toe tap Turn 90 degrees to the left Plant right foot beside left and clap 	<ul style="list-style-type: none"> Turn on the balls of feet While turning kick out your right foot Begin dance again with left foot

Men in Black



Music: "Men in Black" – Will Smith

Special Instructions: Complete the dance 4 times before the lyrics (lyrics occur 2 minutes into the song)

NAME OF MOVE	DESCRIPTION OF MOVE
PART A	
1. Stand still	1. Stand with legs shoulder width apart and hands clasped behind back until lyrics begin.
2. Put on sunglasses	2. As soon as beat comes on, put on sunglasses and tilt head to the right while bending left leg.
3. Steps with clap	3. Begin with lyrics, step to the right twice clap on the fourth count (four counts). Step together to the left twice clap on the forth count (four counts). ★ Arms make right angles and swing back and forth
PART B	
1. Bounce with snaps	1. Transfer weight onto right leg, bounce body, while snapping right fingers then transfer weight onto left leg, bounce body, while snapping left fingers. Repeat (eight counts). ★ Bounce with both legs and snap while at top of the bounce (when legs are straight)
2. Slides with fist pumps	2. Slide to the right while pumping fists up and down, slide to the left while pumping fists up and down. Repeat (eight counts).
PART C	
1. Cross step walks	1. Step on right foot behind, left foot crosses over right, step on right (count is "& 1, 2" – 2 counts). Step on left foot behind right, right foot crosses over left, step on left (count is "& 1, 2" – 2 counts). Step on right foot behind left, left foot crosses over right, step on right (count is "& 1, 2" – 2 counts). Step on left foot behind right, right foot crosses over left, step on left, turning 1/4 turn to the left (count is "& 1,2" – 2 counts).
2. Neck bobs	2. Four neck bobs forward and back, as you step four steps in place, turning back 1/4 turn to the right (beginning wall) (4 counts)
3. Freeze and clap	3. Freeze for three counts, clap two times on "&8" (4 counts). Begin dance again with steps to the right.

Slappin' Leather



Music: Shania Twain “Party for Two” OR ACDC “You Shook Me All Night Long”

Special Instructions: *Start with the “*whoa...*” for “Party for Two” or the fast beat in “You Shook Me All Night Long”

NAME OF MOVE	DESCRIPTION OF MOVE
PART A <ol style="list-style-type: none"> Pigeon Toe x2 Touch right heel to diagonal front & back x2 Touch left heel to diagonal front & back x2 Tap right heel in front - 2x Tap right toe in back - 2x 	<ol style="list-style-type: none"> Start with thumbs in belt (cowboy/girl style) Right heel tap at diagonal, bring it in and tap beside left and repeat Left heel tap at diagonal, bring it in and tap beside left and repeat Right heel tap out in front, bring it in and tap beside left and repeat Left heel tap out in front, bring it in and tap beside left and repeat
PART B <ol style="list-style-type: none"> Star: with right touch front – side – back – side Lift right foot across front of body, slap inside of foot with left hand Slap outside of right heel with right hand as pivot $\frac{1}{4}$ turn to left 	<ol style="list-style-type: none"> Touch right foot out in front and tap, to the side and tap, back and tap, side and tap Don't bring body down to heel, bring heel up to body (stand straight) Keep body upright
PART C <ol style="list-style-type: none"> Grapevine right and clap – 4 count Grapevine left and clap – 4 count Step back 3 paces leading with right Step weight onto left foot, stomp right foot beside 	<ol style="list-style-type: none"> Go immediately into the grapevine from the slap leather move Step left, right behind left, left and plant right beside left; clap while you plant Right, left, right; place weight on back foot (right) and tap left You can then begin the dance again facing the new wall. Go immediately into the pigeon toe once you stomp the right foot.

*** Repeat the dance again with the other song**

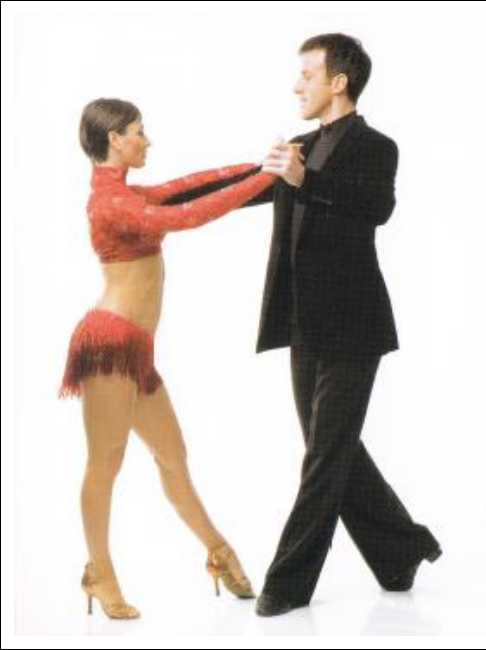
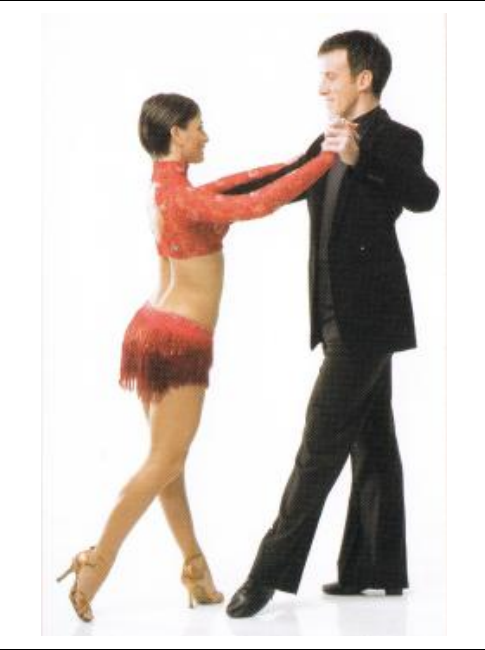
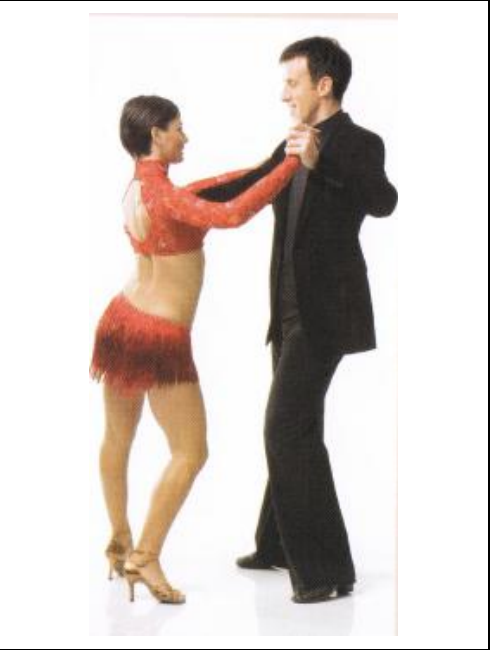
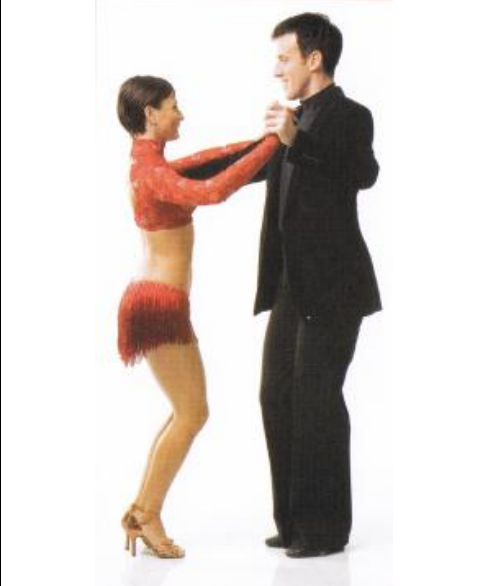



Cha Cha Cha

1. Divide your group into pairs
2. Use the written instructions to learn the Cha Cha Cha
3. Try the following dance sequence:
 - a. Forward and Back Basic
 - b. New York x3
 - c. Spot Turn
 - d. Hand to Hand
 - e. Spot Turn

Forward Basic

Forward and Back Basic is the beginning of the Cha Cha Cha and from here everything else follows.

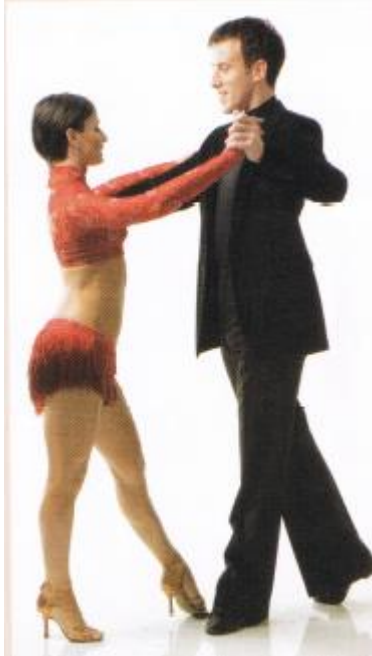
		
<p><u>STEP 1:</u> Man Step forward left foot. Lady Step backwards right foot.</p>	<p><u>STEP 2:</u> Man Replace weight onto right foot. Lady Replace weight onto left foot.</p>	<p><u>STEP 3:</u> Man Step to the side left foot. Lady Step to the side right foot.</p>
		
<p><u>STEP 4:</u> Man Close right foot to left foot. Lady Close left foot to right foot.</p>	<p><u>STEP 5:</u> Man Step to the side left foot. Lady Step to the side right foot.</p>	

Back Basic



STEP 1:

Man Step backwards right foot.
Lady Step forward left foot.



STEP 2:

Man Replace weight onto left foot.
Lady Replace weight onto right foot.



STEP 3:

Man Step to the side right foot.
Lady Step to the side left foot.



STEP 4:

Man Close left foot to right foot.
Lady Close right foot to left foot.



STEP 5:

Man Step to the side right foot.
Lady Step to the side left foot.

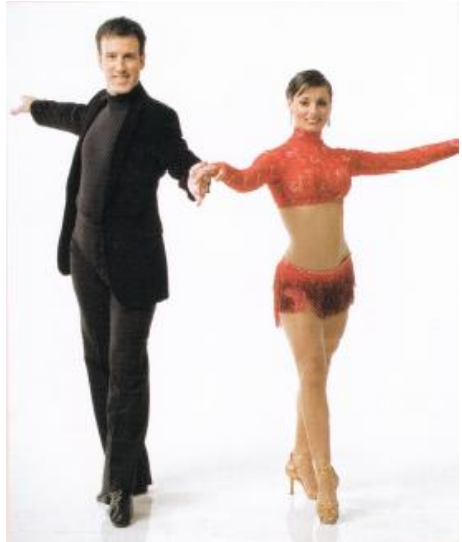


Forward and Back Basic

This is just a reminder of the foot pattern for the Forward Basic for the man and the Back Basic for the woman. Don't forget to change weight.

		
<p><u>STEP 1:</u> Man Step forward left foot. Lady Step backwards right foot.</p>	<p><u>STEP 2:</u> Man Replace weight onto right foot. Lady Replace weight onto left foot.</p>	<p><u>STEP 3:</u> Man Step to the side left foot. Lady Step to the side right foot.</p>
		
<p><u>STEP 4:</u> Man Close right foot to left foot. Lady Close left foot to right foot.</p>	<p><u>STEP 5:</u> Man Step to the side left foot. Lady Step to the side right foot.</p>	

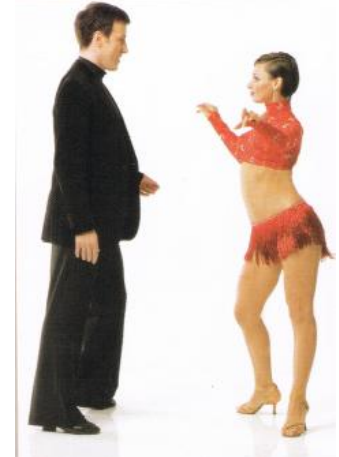
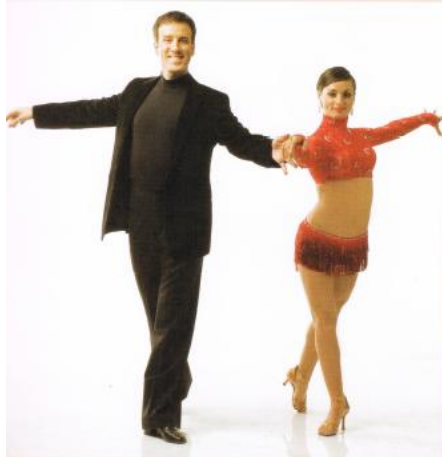
New York

The New York can be danced both to the left and to the right. It is preceded by the Forward and Back Basic.

		
<p><u>STEP 1:</u> Man Step forward left foot in the left side position. Lady Step forward right foot in the left side position.</p>	<p><u>STEP 2:</u> Man Replace weight onto right foot. Lady Replace weight onto left foot.</p>	<p><u>STEP 3:</u> Man Step to the side left foot, facing your partner. Lady Step to the side right foot, facing your partner.</p>
		
<p><u>STEP 4:</u> Man Close right foot to left foot. Lady Close left foot to right foot.</p>	<p><u>STEP 5:</u> Man Step to the side left foot. Lady Step to the side right foot.</p>	

Spot Turn

The Spot Turn can be danced to the left or to the right, preceded by the New York or the Hand to Hand.



STEP 1:

Man Step forward left foot in left side position, then turn right to end with right foot in front.

Lady Step forward right foot in left side position, then turn left to end with left foot in front.

STEP 2:

Man Replace weight onto right foot.

Lady Replace weight onto left foot.

STEP 3:

Man Step to the side left foot to face your partner.

Lady Step to the side right foot to face your partner.



STEP 4:

Man Close right foot to left foot.

Lady Close left foot to right foot.

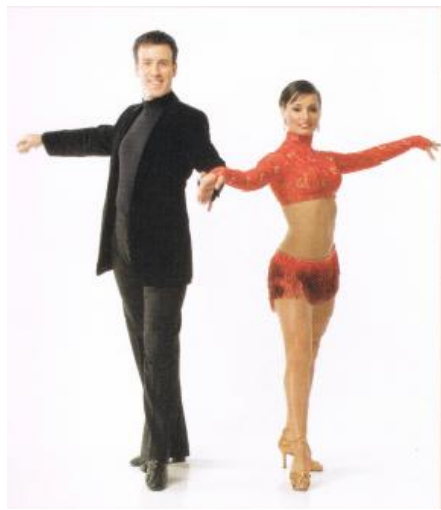
STEP 5:

Man Step to the side left foot.

Lady Step to the side right foot.

Hand to Hand

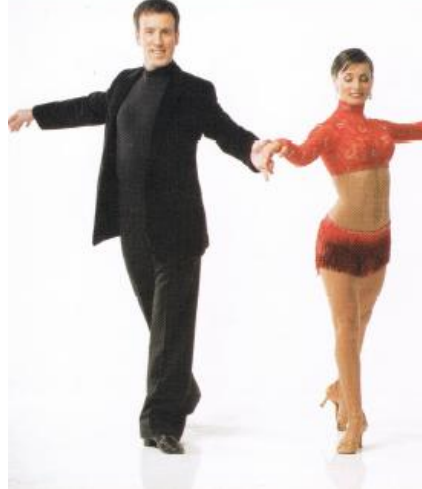
The Hand to Hand can be danced both to the left and to the right and can be preceded by a Forward and Back Basic or a Spot Turn.



STEP 1:

Man Step backwards right foot, in the left side position

Lady Step backwards on the left foot, in the left side position.



STEP 2:

Man Replace weight onto left foot.

Lady Replace weight onto right foot.



STEP 3:

Man Step to the side right foot, facing your partner.

Lady Step to the side left foot, facing your partner.



STEP 4:

Man Close left foot to right foot.

Lady Close right foot to left foot.



STEP 5:

Man Step to the side right foot.

Lady Step to the side left foot.



Bellydance

1. Select *Chapter Selections* on the main menu of the Bellydance video.
2. Select *Choreography*.
3. Follow along with the video in order to learn a choreographed bellydance.



BREAKDANCE

MOVES AND FREEZES

1. Look through the various breakdance task cards for both moves and freezes
2. Choose a minimum of three that you feel comfortable with and teach yourself how to perform them
3. Be very careful when practicing these difficult moves and complete them on the mats for safety

Baby Freeze



1. Crouch down and bend your arms at 90 degree angles on your right-hand side. Place the side of your right knee on top of your left elbow.
2. Tuck your right elbow into the region between your ribcage and hip.
3. Tilt yourself slowly onto the ground and while the side of your head is on the ground, lift your two legs up. Once balanced, try lifting your head off the ground.
4. You've got the baby freeze!

Helicopter



1. Start by squatting down on one foot and extending the other leg. Have your butt touch your heel.
2. Now swing your extended leg counterclockwise towards your bent leg, once they are close, jump over your extended leg.
3. Repeat.
4. Eventually you can rotate your leg in the opposite direction and so on - be creative!

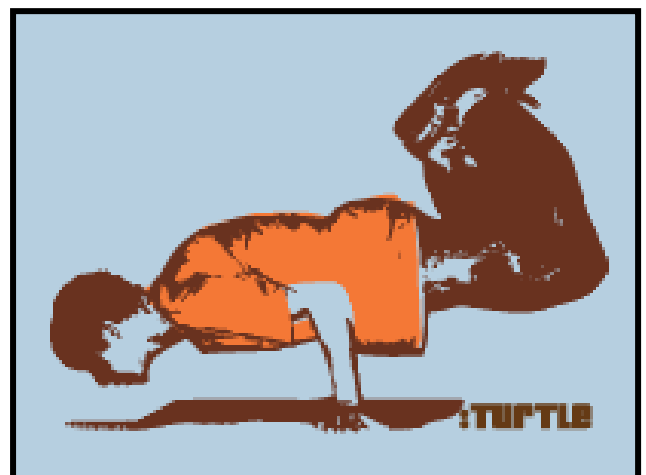
Chair Freeze

1. Place the hand you feel most comfortable with on the ground, making sure that the fingers are pointed outwards (if you placed your right hand on the ground, the fingers should be facing right).
2. The arm touching the ground needs to be at a ninety degree angle.
3. Now stab your elbow into your back with both feet on the ground. Next, place your head on the ground.
4. Lastly, place the foot (on the side the ground) on the knee of the other leg and you are done!



Turtle Freeze

1. Start in a kneeling position with both knees on the ground, as if you're ready to crawl.
2. Balance both elbows in the section between your stomach and hips (it might be better to jab your elbows right above your hip bones).
3. Lean forward, with your hands no more than a foot apart. Most of your weight should be on the elbows, instead of the legs.
4. Balance on your arms and lift your legs off the ground.
5. Your arms should be at a 90 degree angle. Tuck your legs in so they are close to your butt.
6. Now try to hold this position. Don't forget to breath!



Six Step



Step 1:

On the floor, sit with two hands behind you. Your knees should be bent out in front and your butt just off the floor



Step 2:

Lift up your right arm and swing your right leg all the way around so the bend of your right knee rests up near your left ankle



Step 3:

Next, move your left leg straight out behind you (where it would be if you're about to do a push-up)



Step 4:

Then bring your right leg round and straight out, so you're now almost ready to do a push-up (with legs spread out)



Step 5:

Now, take your right hand off the floor as your left leg comes through and your foot lands where your right hand was before



Step 6:

Then bring your right leg around so the bend of the knee is just behind the bend of your left leg



Step 7:

To finish, bring your left leg back to the starting position



Step 8:

You may find it easier to use your fingertips instead of having your hands flat

Worm



Step 1:

Stationary Worm -

Lie face down, head up, arms bent, and hands flat by your shoulders



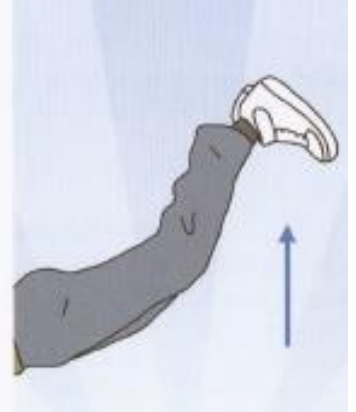
Step 2:

Push up your elbows, raising the whole of your upper body



Step 3:

Relax your elbows, and as your chest hits the floor...



Step 4:

...kick up high. Push out with your knees, and follow off with your feet



Step 5:

When your knees and feet come back down, that's the time to go back to Step 2



Step 6:

Moving Worm -
When you feel your chest meeting the floor, as you're kicking, slide your two hands slightly forward



Step 7:

Then continue: lift up the top half of your body as your chest meets the floor...



Step 8:

...push out your knees then feet for a body-waving Worm



HIP-HOP ROUTINE

Choose one of the following hip-hop routines on the DVD to watch and learn:

1. Hannah Montana - "Hoedown Throwdown"
2. "Superman" (Crank That)
3. Dance Like *Honey*

HONEY - HIP HOP ROUTINE

1. On the *Honey* main menu, select "Bonus Materials"
2. Choose "Make Your Move: Dance Like Honey"
3. Watch the Hip-hop introduction
4. Watch the instructor's demo
5. Go through each of the moves with the instructor
 - ★ Pause the video when your group is having difficulty, or when you want to practice
6. Perform the whole dance with the instructor to the music

***Shark Tale*: Bye, Bye, Bye**

1. On the *Shark Tale* main menu, select “Club Oscar”
2. Then click on “Get Your Groove On”
3. Finally, select “Shrimp Moves”
4. Watch the shrimp’s “Bye, Bye, Bye” introduction
5. Watch the teacher’s demonstration of the dance
6. The teacher will then break the dance down into the individual moves
 - a. Watch the entire instruction so that you know which moves to expect
 - b. Then rewind, watch a move, pause the DVD, and practice it as a group
 - c. Go through all the moves, then rewind and perform all of the moves with her
7. Perform the dance with the teacher to the music

The Hokey Pokey

1. Listen to the music
2. Read over the movements to perform to each of the lyrics
3. In your group, make a circle and try the moves to the music
4. Practice a few times so that you understand the timing
5. Perform in front of your teacher

★ Give a unique and creative touch to your version of the Hokey Pokey

Lyric	Movement
"You put your right foot in"	Place right foot into the circle
"You put your right foot out"	Bring foot back and away from the circle
"You put your right foot in and you shake it all about"	Place foot back into the circle and shake it around
"You do the hokey pokey and you turn yourself around"	Shake hands above your head while turning once around in place
"That's what it's all about"	Clap hands 4 times on "it's all about"
* Repeat the above for the left foot, right arm, left arm, head, right elbow, left elbow, right hip, left hip, whole self, and back side	
Instrumental	Do the twist
"you do the hokey pokey, you do the hokey pokey"	Raise arms, shake them above head, then lower arms and head in bowing motion (repeat)



CREATE YOUR OWN LINE DANCE

- ★ Your task is to create a country-style line dance to the song of your choice from the CD provided
- ★ Your dance must include a minimum of 10 moves, 5 of which must be the following:
 - grapevine
 - foot stomp
 - spin or turn
 - pigeon toe
 - rock step
- ★ Perform your dance in front of the teacher after you have rehearsed as a group



Oh' Johnny

Square Dance

1. Read through the instructions provided
2. Practice Part A without and with music
3. Then, practice Parts A and B without and with music
4. Then, practice Parts A, B and C without music
5. Perform the entire dance to the music!

Oh' Johnny



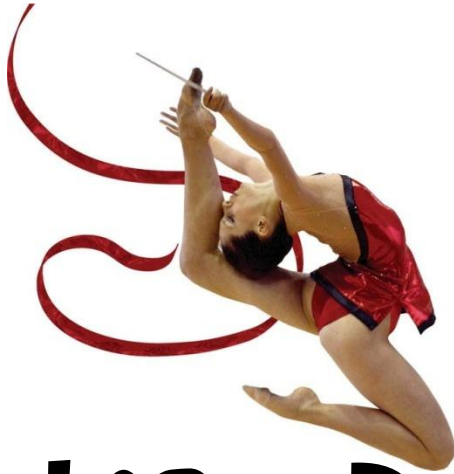
Introduction: This great beginners' dance teaches the following essential basics: 1. Position of partner and corner, 2. Swing, 3. Allemande left, 4. Dos-a-dos, 5. Promenade, and 6. Circle left. There are some slight variations in the call in different areas, but all are completely directional.

Formation: A large circle, girls to the right of their partners, all facing the center, hands joined. Each man's left-hand girl is his "corner;" his right-hand girl is his "partner."

Note: Once you know this dance well, it is easy to perform the moves quickly, but don't get ahead of the music; make sure each step matches the corresponding lyric.

LYRICS	Dance Moves
PART A ALL JOIN HANDS AND YOU CIRCLE THE RING STOP WHERE YOU ARE, GIVE YOUR PARTNER SWING SWING THAT CORNER GIRL GO HOME AND SWING YOUR OWN YOU SWING AND YOU WHIRL	<p>All circle left for 8 counts.</p> <p>Men turn to their partners (right-hand girl) and swing her (hook right elbow to right elbow) in place for 8 counts.</p> <p>Men turn to the girl on the left and swing her (left elbow to left elbow) in place for 8 counts.</p> <p>Men turn back to the girl on the right and swing her again in place for 8 counts.</p>
PART B ALLEMANDE LEFT WITH THE LADY ON THE LEFT DOS-A-DOS YOUR OWN	<p>Men join left elbows with the girl on the left (arms straight with finger tips touching other's elbow), and they walk completely around each other and back to place in 8 counts.</p> <p>Men turn to face the girl on the right and they pass completely around each other, back to back, arms folded across chest, not touching each other, and passing right shoulders as they go by. Back to place.</p>
PART C TAKE YOUR CORNER PROMENADE AND GO WALKING WITH THAT MAID SINGING "OH, JOHNNY, OH, JOHNNY, OH."	<p>Men take a step into the middle of the circle, corner steps up to meet him and stands beside him on his right. He takes promenade pose with her; both facing counter-clockwise, left hands joined and right hands joined, man's left arm above his right. Promenade for a total of 16 counts and all join in singing the "Oh, Johnny" chorus.</p> <p>Open out into a circle to repeat the dance.</p>

** Dance is completed a total of 5 times**



Gymnastics Routine

1. Create a gymnastics routine on the mats

2. Your routine must include the following:

- A balance (v-sit, stork stand, hand stand etc.)
- Locomotions (skipping, hopping, walking etc.)
- A turn or a pivot
- A jump (tuck, scissor, straddle etc.) or leap
- A roll (somersault, cartwheel, log roll, etc.)

3 of the following scarf skills:

- Swing
- Wave
- Circle
- Figure 8
- Throw and catch

Rhythmic Gymnastics: Scarf Skills



Swings



Waves



Circles

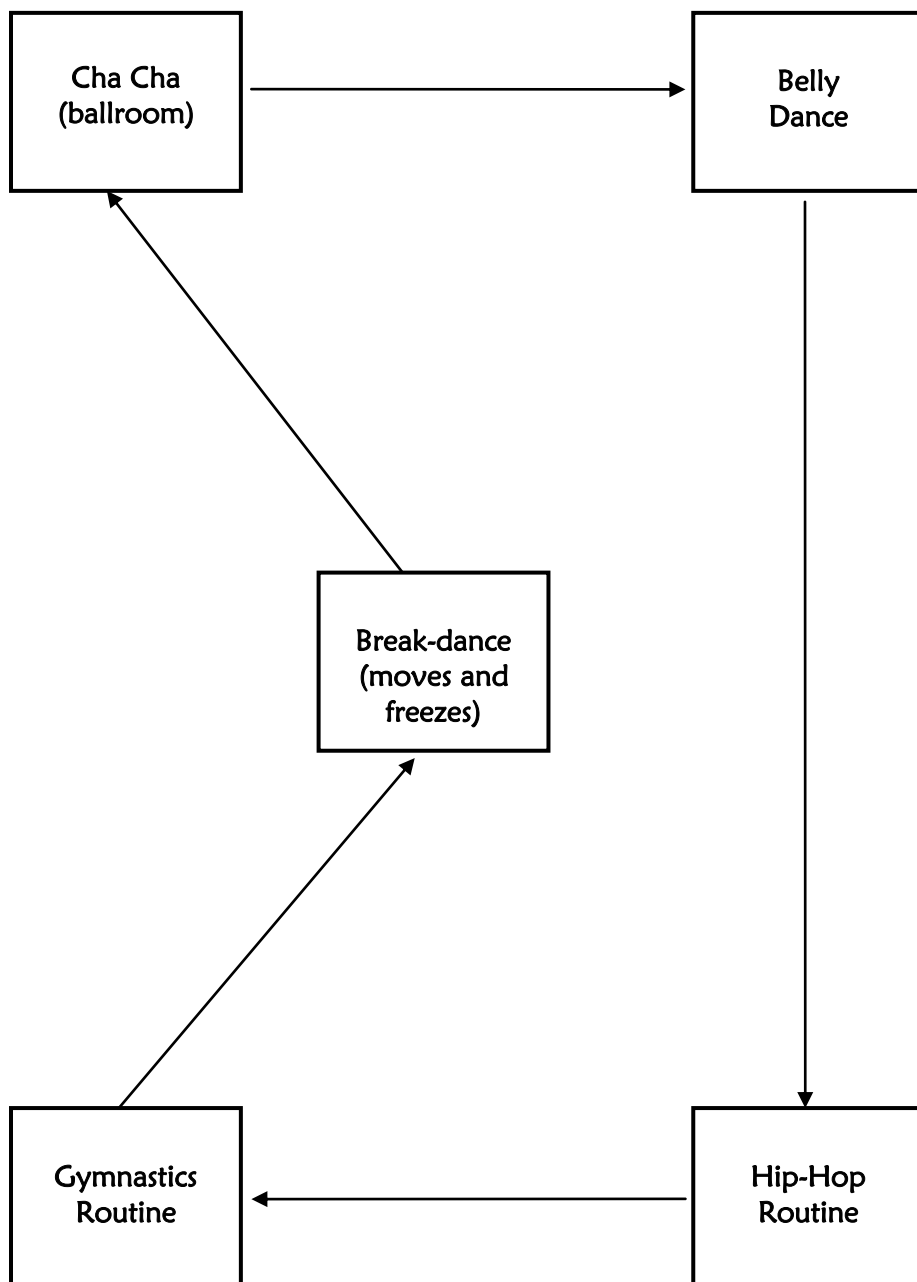


Figure 8s



Throws and Catches

Dance Stations



Equipment needed for each station:

1. Belly Dance:
 - 11x17 station poster
 - TV/DVD player with remote
 - Belly Dance Video
2. Hip-Hop Routine:
 - 11x17 station poster
 - TV/DVD player with remote
 - Hip-Hop dance routines DVD
3. Gymnastics Routine:
 - 11x17 station poster
 - 11x17 Rhythmic Gymnastics: Scarf Skills poster
 - Mats
 - Scarves
4. Break-dance:
 - 11x17 station poster
 - Breakdance moves and freezes task cards
 - Mats (create a 10x10 space)
5. Cha Cha:
 - 11x17 station poster
 - 11x17 dance steps instructions (post on the wall in order)
 - Stereo (one that plays CDs)
 - Ballroom music CD

*Note: Post station cards on the wall (except for Break-dance station)

Swing Dancing

Teacher's Instructions

Music:

- ⇒ **Slow:** Elvis Presley – “Don’t be Cruel” and Bill Haley – “Shake, Rattle and Roll”
- ⇒ **Medium:** Bill Haley – “Rock around the Clock” and Elvis Presley – “Blue Suede Shoes”
- ⇒ **Fast:** Cherry Poppin’ Daddies – “Zoot Suit Riot”

History of Swing:

- The history of swing dates back to the 1920's, where the black community, while dancing to contemporary Jazz music, discovered the Charleston and the Lindy Hop.
- In the mid 1930's, a bouncy six beat variant was named the Jitterbug by the band leader Cab Calloway when he introduced a tune in 1934 entitled "*Jitterbug*".

Helpful Resources:

- *Swing Kids* film (show clip)
- www.ballroomdancers.com
- www.swingcraze.com

Teaching Sequence:

- Demonstrate step
- Breakdown step
- Demonstrate and then students follow along
- Music, demonstrate, students follow along
- Students continue – circulate and help

Teaching Tips:

- ★ Always initiate the move on the first *slow*...

Teaching Formation:



Female students

Female teacher



Male teacher

Male students



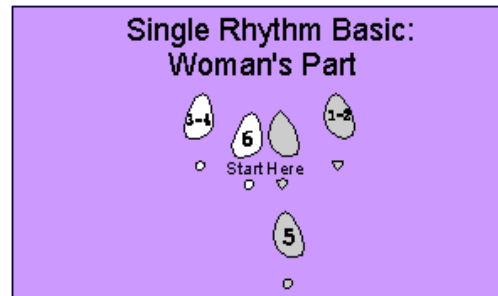
Steps:

1. Basic Step Open Position

- a. Open Position:

- Boys: palms up and slightly hooked
 - Girls: palms down and slightly hooked (like you are riding a motorcycle)
 - Boys control with arms, some space between bodies
 - Have a little rigidity; guys must be able to lead ladies with the arms
 - Keep torsos forward and hips back
- b. Basic step
- Girls: weight on right foot, weight on left foot, and rock step (transfer weight back onto) right foot - *slow, slow, quick, quick*
 - Boys: weight on left foot, weight on right foot, rock step (transfer weight back onto) left foot - *slow, slow, quick, quick*

★ Always begin every other step with the basic



2. Kicks

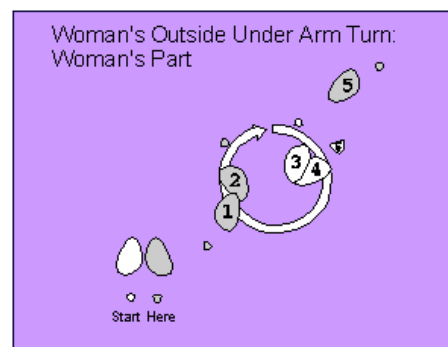
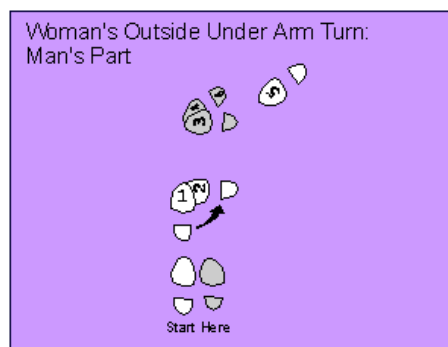
- This move replaces the *slow, slow* portion of the basic; perform right after the *quick, quick* (rock step)
- Boys – kick out left leg while girls kick right between boys' legs
- Girls then kick out left leg as boy kicks right leg between girls' legs

3. Heel Tip

- This move is performed during the *quick, quick* portion (instead of the rock step)
- Transfer weight onto heels, lift toes and transfer weight behind you (keep torso forward)
 - Boys must cue ladies by pushing slightly with the arms

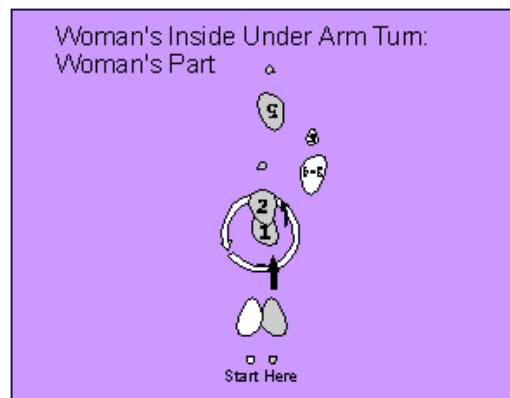
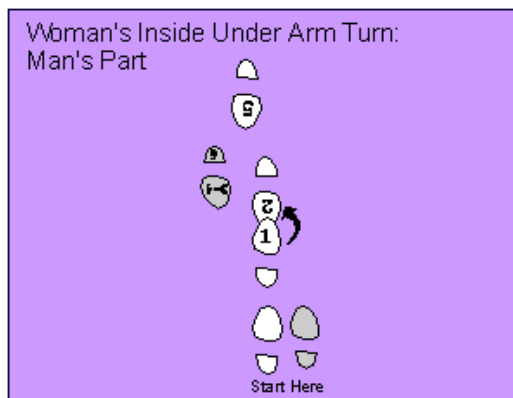
4. Ladies' Outside Underarm Turn

- Boys: bring the ladies arm out to the side with right arm, step left across right, step right beside left as you do a $\frac{1}{4}$ turn, rock step back on left foot. Step left as you turn back to face partner, then right beside left, rock step
- Girls: step forward right under right arm, turn, step left, rock step. Step forward right, turn, step left beside, rock step.



5. Alternating Turns

- Girls inside underarm turn – same footwork as outside underarm turn



- Boy's underarm turn
 - Ladies continue with basic step
 - When boys lift arm straight up – signal it is their turn
 - Boy releases right hand and lifts left hand straight up
 - Step left (slow), turn 360 degrees on ball of left foot
 - Push off (slow) right foot to gain momentum for turn; must go 360 degrees with one push
 - Square up with partner for quick, quick
- Alternating turns
 - Same as above BUT boy steps forward on left for first count to create space
 - Boy turns after partner (counter clockwise)

6. Belt Wrap and Hand Changes

- The wrap
 - Boys: right hand up to chest
 - Handshake on rock step and replace
 - Simple hand change
 - Behind the back
 - Shoulder slide

Salsa

Teacher's Instructions

Music:

- ⇒ **Slow:** “Hungry Eyes” (#4); “Stay” (#5);
- ⇒ **Medium:** Love is Strange (#10)
- ⇒ **Fast:** “Be My Baby” (#2); “Hey Baby” (#8)

History of Salsa:

- Salsa is a Latin style of dance
- It is growing in popularity
- There are many styles of salsa
- As the name indicates, it is HOT! The dance requires a lot of hip movement.
- It is a spot dance; not mush movement around the floor
-

Helpful Resources:

- www.salsa-merengue.co.uk
- *Dirty Dancing* film
- *Dirty Dancing* soundtrack

Teaching Sequence:

- Demonstrate step
- Breakdown step
- Demonstrate and then students follow along
- Music, demonstrate, students follow along
- Students continue – circulate and help

Teaching Formation:



Female teacher



Male teacher

Male students



Steps:

1. Basic Position:

- Partners face each other
- Guys have their palms up; Girls have their palms down

2. Side to Side Step:

- Guys:
 - Left, right, left pause
 - Right, left, right, pause
- Girls:
 - Right, left, right, pause
 - Left, right, left pause

3. Cucaracha Step:

- Guys:
 - Left, shift hips, together, pause
 - Right, shift hips, together, pause
- Girls:
 - Right, shift hips, together, pause
 - Left, shift hips, together, pause

4. Cross Basic Step:

- Guys:
 - left back, right cross, shift left, pause
 - right back, left cross, shift right, pause
- Girls:
 - right back, left cross, shift right, pause
 - left back, right cross, shift left, pause

5. Back Basic Step:

- Guys:
 - side left, rock step, pause
 - side right, rock step, pause
- Girls:
 - side right, rock step, pause
 - side left, rock step, pause

6. Turning Basic Step:

- This step has the same footwork as the back basic
- Guys:
 - side left (pivot), rock step (turn right), pause
 - side right (pivot), rock step (turn left), pause
- Girls:
 - side right (pivot), rock step (turn left), pause
 - side left (pivot), rock step (turn right), pause

7. Latin Basic Step:

- This move is shown on the film *Dirty Dancing*
- Guys:
 - left front, right back, together, pause
 - right back, left front, together, pause

- Girls:
 - right back, left front, together, pause
 - left front, right back, together, pause

8. Single Right Turn Step:

- This step is an addition to the Latin Basic Step
- Guys – keep doing Latin Basic:
 - left front, right back, together, pause
 - right back, left front, together, pause
- Girls:
 - first $\frac{1}{2}$ Latin basic: right back, left front, together, pause
 - second $\frac{1}{2}$ turn:
 - left $\frac{1}{4}$ turn to right (pivot right)
 - left $\frac{1}{4}$ turn to right (still pivot right), pause

Your lovę is pouring
likę thę rain

I must take the baby
steps 'til I'm full grown

And I've dropped out,
I've burned up, I've
fought my way back
from the dead.

And it cut me like a knife
when you walked
out of my life

Far across the distance
and spaces between us

We're living in a
powder keg and
giving off sparks

I'll hang from your lips,
Instead of the gallows
of heartache that hang
from above

And I don't want the
world to see me

I'm still sober
Picked all my weeds
but kept the flowers

And the land is dark
and the moon is the
only light we'll see

Your love is like a
shadow on me all of
the time

If you reach into your
soul,
and the sorrow that
you know will melt
away.

(Turn around)
Every now and then
I get a little bit tired of
listening to the sound of
my tears

Your laugh is a
disease

Was it me, or was it
you that broke away?

But it's time for me to
go home
it's getting late, dark
outside

I'm losing grip, what's
happening
I stray from love, this
is how I feel

Everything you are
falls from the sky like
a star

And then a hero
comes along,
with the strength to
carry on

For a shield from the
storm

Every time I walk out
the door
I see him die a little
more inside

Gotta Get Thru This

Music: "Gotta Get Thru This" (acoustic version) - Daniel Bedingfield

Dance Genre: Contemporary Lyrical

<u>Lyrics</u>	<u>Dance Steps</u>
Part A 1. "When your love is pouring like the rain 2. I close my eyes and its gone again 3. when will I get the chance to say I love you	Part A 1. Kneel (sit on legs), bring arms up and then slowly "like the rain" 2. Right hand across hands, left hand across hands, left up onto knees, pop chest and bring arms out to the side 3. Fall on to right hip, roll, get up on left knees, right out to the side and right arm out. Stand up slowly (starting with right foot). Place right hand out on "I", left hand in right hand on "love" and bring arms into chest (left side) and curl body around on "you"
Part B 4. I pretend that you're already mine 5. that my heart aint breaking every time 6. I look into your eyes	Part B 4. Bring right arm over head, followed by left, make fist with left. Throw left in front followed by right, and then back (rub right hand across chest on "mine") 5. Crunch body back to left side (see step #3.) then complete a three step roll turn to the left (left, right, left). Throw chest down to floor on "heart aint breaking", back up 6. Bring arms down towards you, shuffle back three steps then spin twice around with head down

Part C

7. if only I can get through this

8. if only I can get through this

9. if only I can get through this

10. God, God, gotta help me get through this

Stop at fast beat before line: "I gotta get through this, I gotta get through this."

Part C

7. Pause just before fast beat. Step out right foot with right hand pointed up, then left points up. Bring left arm down and bend at elbow, bring your body part way through arm and then walk through it starting with left foot.

8. left, right, left, feet together - tow footed hop (kick butt) bring arms up behind you, pop out back and butt and go right up on balls of feet, turn - step right, step left, step right, left - kick right high while arms come straight up, fall down onto knees (right tucks under - left up)

9. Push back into a push up position, while in this position, step right over left foot (2 counts), step left over right (2 counts), step right over left (2 counts)

10. Fall onto right hip, back on butt - get up, tuck left under and step onto right. Stand up cross arms over head and then throw them down on the fast beat

Names: _____

Dance Montage

Mini Project



Montage: a rapid sequence of film scenes

Your task:

With the provided CD containing twelve, 10-second music clips, your assignment is to create a 2 minute dance montage.

Questions to consider:

- **Is the clip from a famous dance?**
 - E.g. Thriller, Chicken Dance, YMCA etc... If so, include the famous moves
- **Are the lyrics telling you to do something?**
 - E.g. If “Kriss Kross make you wanna jump, jump,” – jump!
- **In what decade was the song created?**
 - Consider the timeframe of the music clip – each decade has a different style:
 - 50’s/60’s: Jive, the Twist etc...
 - 70’s: Disco
 - 80’s: Discovery of the Sprinkler, Shopping Cart, etc...
 - 90’s: Grunge, hip-hop, etc...
 - 2000’s: How do you dance today?
- **From what music genre is the clip?**
 - E.g. disco, hip-hop, jazz, classical etc...
 - create moves that are authentic to the genre

Keep in mind:

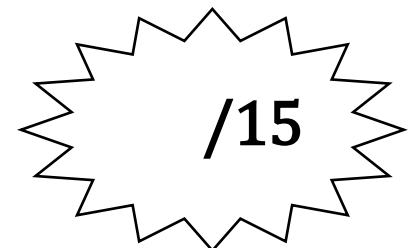
- ★ You want your montage to appear well rehearsed, so make sure you end the previous clip in a position where you can begin the next clip in a seamless manner and practice, practice, practice!
- ★ The dance moves you create do not have to be elaborate, simply authentic to the type of music clip.

Names: _____

Dance Montage Grading Rubric:

ASPECT OF PROJECT	Expectations were...				
	not met	barely met	satisfactorily met	fully met	exceeded
<u>Entertainment value:</u> Students put on a great show; mood met each music clip; all group members appeared to be engaged in the performance; dance moves were entertaining and creative.	1	2	3	4	5
<u>Dance moves suited music clips:</u> If clip was from a famous dance, so were the moves; if lyrics were descriptive, moves followed lyrics; moves were suitable to decade and genre.	1	2	3	4	5
<u>Dance appeared well rehearsed:</u> Transitions between clips were seamless; all group members knew what they were to do and when; Members are in sync and dance moves are in time to the music.	1	2	3	4	5

Teacher's comments:



Thriller Dance



History: A 1983 hit, one of Michael Jackson's signature songs, partially for the video's amazing dancing and choreography. Created with a horror theme, it still appears on countdowns of notable classic videos.

- ★ 14 minute music video (redefined music videos) - horror film spoof
- ★ For those of you who have not seen it, it includes zombies and ware wolves; looks goofy now, but was ground breaking in the 80's

Tell the students:

- ★ We will be doing an adapted dance that uses a lot of the same moves
- ★ I've included the most famous moves from Michael's dance, a couple of adaptations from the movie *13 going on 30*, and some sequencing of my own in order to make it fit for class
- ★ Listen to music and master timing the head nods to the music
- ★ This is a very theatrical dance – meant for a performance
- ★ Two most important aspects: TIMING (with music) and MOOD

Instructions for teaching the dance:

- ★ Get students into three rows facing the teacher (make sure students behind can see through 'windows' in front)
- ★ Once students have designated a spot, mark it somehow (with a sticker perhaps)
- ★ Play the music and have them listen for the change in beat
- ★ Explain that during the slow, opening door beat (approx 17 seconds), they will be slowly walking like zombies to their spots, therefore, have them slowly walk out from their spots to see where they will begin
- ★ Hang head as soon as beat quickens (only to be raised again when the dance begins)

A

1. Head raise from dead

- Start with shoulders slumped and head down
- On the base beat, raise head
- Stay perfectly still (don't smile!)

2. 4 head ticks (to beat)

- Bring head down to meet right shoulder four times while standing still. Tilts must be perfectly on beat for full effect.

3. Dead Arms and side steps

- Bring arms up to shoulder height and dangle hands (head kind of slumped – facing left shoulder)
- Side step on each beat left side x2 (move hips and legs slightly for limp/bouncy effect)
- Make grotesque angles with your arms and body

4. Breast strokes

- Step forward left side while making breast strokes with arms (x2 on left side then x2 on right side) –

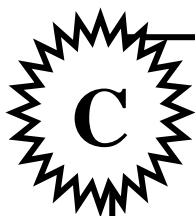
B

5. Arm and Hip Swings

- Make a ½ turn to the right
- Swing arms and hips to the right-left-right- ½turn to the right
- Swing arms and hips right-left-right-center down

6. Tight rope walk with drop

- 4 steps forward as if walking on a tight rope (start with right foot: right, left, right, left) – plant together and pause (for a beat)
- Drop down to the ground and touch floor with hands (feet together)
- Then raise up with hands up and clap above head

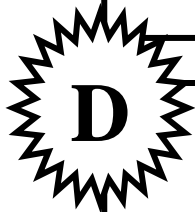


7. **Side slides with head bobbing**

- Start with the clap above head
- Slide large step to the left while head bobbing
 - ★ practice just bobbing head back and forth with students before performing the whole move; isolate the head and neck
- Slide feet together (stomp right foot beside left)
- Shrug shoulders
- Turn head to the right
- Clap hands above head with feet together
- Slide large step to the right while moving head from side to side
- Slide feet together (stomp left foot beside right)
- Shrug shoulders
- Turn head to the left

8. **Monster Hands**

- Left side monster hands/walk (step left, crossover right in front, step left, together)
 - ★ Monster hands: bring arms to the side of the body, bend almost 90 degrees at the elbow and make claws with hands (fingers out)
- Right hands, left hands, right hands (bring same knee up as hands)
- Right side monster hands/walk (step right, crossover left in front, step right, together)
- Left hands, right hands, left hands, hands down on thighs (bring same knee up as hands)



9. **Crouch Walking**

- Crouching half turn to the right (4 pivot points) – hands on knees – meant to look jerky (it is slow)
- Look back over left shoulder while crouched
- 8 steps crouching walk with hands on thighs (start with right foot) – this is faster than the 4 pivot turn, but still slower than a normal walk
- End with weight on left foot (slightly in front of right)

10. **Famous Michael Jackson kick with spin**

- Left foot is in front – bring up right leg (90 degree angle)
- Left-right-left-1/2 turn
- The end of the dance! (Get the students to pose in a zombie-like manner when they come out of the spin)

START THE DANCE AGAIN BEGINNING WITH STEP #2

* Beat continues through entire song – find again when repeating dance

1. Part A w/o music
2. Part A w music
3. Part B w/o music
4. Parts A&B w/o music
5. Parts A&B w music
6. Part C w/o music
7. Parts A, B & C w/o music

8. Parts A, B & C w music
9. Part D w/o music
10. Parts A, B, C & D w/o music
11. Parts A, B, C & D with music

* Show music video as a closure



Names: _____

Famous Dance Break-Down

In groups of 3-5 you will be responsible for breaking-down, practicing, and performing a famous dance.

For this project you will be required to:

1. **Watch** the video clip
2. Break the dance into **three sections** – A, B, and C
3. **Name** (e.g. 3 steps forward) and **describe** (e.g. lead with right foot, bend knees, and snap fingers) **each move**
4. **Practice** so that the group is cohesive and the dance appears really well rehearsed
5. **Perform** in front of the teacher (and, with permission, a video camera)

* Keep in mind:

- ❖ If a move is too difficult, you may adapt it
- ❖ If the dance is too long, you may shorten it
- ❖ You will not have a CD with the music, so you must use the music from the video clip

Grade	Criteria Met
A 86-100%	<ul style="list-style-type: none">⇒ Dance appeared really well rehearsed. Members were in sync and dance moves were in time to the music.⇒ Written dance description is very thorough (includes a name and detailed description for each move).⇒ All members played an equal role in creating and performing the dance. All showed enthusiasm and enjoyment during the performance (put on an excellent show!)⇒ Dance was exactly like the original or was an extremely creative adaptation of the original
B 73-85%	<ul style="list-style-type: none">⇒ Dance appeared well rehearsed. Members were in sync for the majority of the dance.⇒ Written dance description is fairly thorough (includes a name and description for each move).⇒ All or most members played an equal role in creating and performing the dance. Most showed enthusiasm and enjoyment during the performance (put on a great show!)⇒ Dance was very much like the original or was a very creative adaptation of the original
C+ 67-72%	<ul style="list-style-type: none">⇒ Dance appeared somewhat rehearsed. Members were in sync for some of the dance.⇒ Written dance description is completed (includes a name and brief description for the majority of moves).⇒ Most members played an equal role in creating and performing the dance. Most showed some enthusiasm during the performance (put on a good show!)⇒ Dance was similar to the original or was a creative adaptation of the original
C 60-66%	<ul style="list-style-type: none">⇒ Dance did not appear well rehearsed. Members were not in sync for the majority of the dance.⇒ Written dance description is completed (includes a name and brief description for some of the moves).⇒ Some members played an equal role in creating and performing the dance. Some showed a little enthusiasm during the performance.⇒ Dance was somewhat similar to the original or was an adaptation of the original
C- 50-59%	<ul style="list-style-type: none">⇒ Dance did not appear rehearsed. Members were not in sync during the dance.⇒ Written dance description is somewhat completed (includes a name and very brief description for a few of the moves).⇒ Few members played an equal role in creating and performing the dance. Few showed any enthusiasm during the performance.⇒ Dance somewhat resembled the original or incorporated some aspects of the original
I <50	<ul style="list-style-type: none">⇒ Dance was obviously not rehearsed. Members were not in sync at all during the dance.⇒ Written dance description was not completed.⇒ Members did not play an equal role in creating and performing the dance. No one showed any enthusiasm during the performance.⇒ Dance did not even resemble the original or use any aspects of the original

Teacher's comments:

Dance: _____



NAME OF MOVE	DESCRIPTION OF MOVE
PART A	
PART B	
PART C	

Famous Dance Scenes

1. *13 Going on 30*
2. *American Pie 3* – Stiffler’s Dance Off
3. *Austin Powers’* Opening Scene
4. *Breakfast Club*
5. Brett’s Angry Dance – *Flight of the Concorde*s
6. *Can’t Buy Me Love* – African Anteater Ritual
7. *Clerks 2*
8. *Dirty Dancing*
9. *Hitch*
10. “Kickin’ it Old School” – Krump Kings vs. Funky Fresh Boyz
11. *A Knight’s Tale*
12. Melancholy of Suzumiya Haruhi
13. *Men in Black*
14. *Napoleon Dynamite*
15. “Praise You” – Fat Boy Slim
16. *Pulp Fiction*
17. *Romy and Michele's High School Reunion*
18. *Saturday Night Fever*
19. *Save the Last Dance*
20. *Scent of a Woman* (Tango)
21. *Slumdog Millionaire*
22. *Superstar*
23. “Weapon of Choice” – Fat Boy Slim



Names: _____

Create-a-Dance

Instructions:

1. Decide on a genre of dance that you are interested in learning more about (I encourage you to try something new):
 - a. Swing/Jive
 - b. Hip-Hop
 - c. Ballroom (Waltz, Tango, Foxtrot, Cha Cha etc...)
 - d. Salsa
 - e. Belly Dance
 - f. Break Dancing
 - g. Other? (Please check with me first)
2. Based on your genre interest, form a group of 2-5 with whom you will learn and create the dance
★ Hint: you will need an even number if you are creating a partner dance
3. Learn more about the chosen genre of dance. Look at instructional websites, videos and books (many will be provided to you)
4. Choose favourite moves to include in your dance
5. Choose a song that suits your genre of dance
6. Sequence the moves and add a few of your own (that fit the genre) in order to create an original and unique dance of your own
7. Record your moves and describe your dance on the blank dance template (provided on the back of this handout)
8. Practice your dance in parts and as a whole (without and with music) many times so that you can perform it flawlessly as a group (you will be given class time to practice)
9. Decide on a group costume to represent your genre of dance
10. Perform your dance in front of the rest of the class
★ You will be assessed by peer and teacher evaluation

Criteria:

- ✓ Your dance must include a minimum of 10 dance moves that fit within your chosen genre
 - Moves should have a range from easy to difficult to perform
- ✓ The performance must be between 30 seconds and 3 minutes long (depending on the complexity)
- ✓ Your written description must divide your dance into 3 parts. Include both the name of each move (create a name if one does not already exist) and a detailed description of the move
 - You may include illustrations if that helps you describe the dance
 - You may also want to include counts
- ✓ Practice your dance many times before presenting, so it appears rehearsed and all the moves are in time with the music and group members are in sync
- ✓ Include all members equally in the presentation of the dance (this does not mean that all members must complete the same moves).
- ✓ Have fun above all else! If you relax and have a good time, your dance will be really enjoyable to present and to watch!

★ Performance date: _____



Dance Title: _____ **Genre:** _____

Name of move	Description of move
Part A	
Part B	
Part C	

Create-A-Dance
- Peer Assessment -

Group Members: _____

Dance Title: _____ Genre: _____

For each category, please provide the group with a mark out of 5 (1 = does not meet expectations, 2 = barely meets expectations, 3 = minimally meets expectations, 4 = fully meets expectations, 5 = exceeds expectations).

Dance appears really well rehearsed. Members are in sync and dance moves are in time to the music. Performers obviously practiced many times and pay attention to the beat/rhythm of the song.	/5
A minimum of ten dance moves are included. These moves seem suitable for the chosen genre, are choreographed well to fit the overall dance, and range from easy to difficult to perform.	/5
The dance is between 30 seconds and 3 minutes long. The length of the dance matches the complexity (a really fast paced, complex dance is shorter and a slow, simpler dance is longer).	/5
All members play an equal role in creating and performing the dance. Performers are in costumes appropriate to genre. All show enthusiasm and enjoyment during the performance (put on an excellent show!).	/5

Total: /20

Comments:
Please provide the group with at least one constructive comment

Create-A-Dance
- Peer Assessment -

Group Members: _____

Dance Title: _____ Genre: _____

For each category, please provide the group with a mark out of 5 (1 = does not meet expectations, 2 = barely meets expectations, 3 = minimally meets expectations, 4 = fully meets expectations, 5 = exceeds expectations).

Dance appears really well rehearsed. Members are in sync and dance moves are in time to the music. Performers obviously practiced many times and pay attention to the beat/rhythm of the song.	/5
A minimum of ten dance moves are included. These moves seem suitable for the chosen genre, are choreographed well to fit the overall dance, and range from easy to difficult to perform.	/5
The dance is between 30 seconds and 3 minutes long. The length of the dance matches the complexity (a really fast paced, complex dance is shorter and a slow, simpler dance is longer).	/5
All members play an equal role in creating and performing the dance. Performers are in costumes appropriate to genre. All show enthusiasm and enjoyment during the performance (put on an excellent show!).	/5

Total: /20

Comments:
Please provide the group with at least one constructive comment

Create-a-Dance

Group Members: _____

1. Average mark from peer assessments: /20
2. Dance description (written mark): /5

Total: /25

Comments:



Create-a-Dance

Group Members: _____

1. Average mark from peer assessments: /20
2. Dance description (written mark): /5

Total: /25

Comments:



Create-a-Dance

Group Members: _____

1. Average mark from peer assessments: /20
2. Dance description (written mark): /5

Total: /25

Comments:



Create-a-Dance

Group Members: _____

1. Average mark from peer assessments: /20
2. Dance description (written mark): /5

Total: /25

Comments:



Dance Warm-Ups

1. Follow the Leader

- Arrange students in groups of 4-5
- Stand in a line
- First person in the line gets to lead (dance any moves s/he likes) and others must follow
- When the music changes, the leader drops to the end of the line and the second person in line steps up as the leader
- 30 seconds to lead and 5 seconds to switch to the back of the line
- Do two rounds so everyone has a chance to lead twice

2. Dance Circuit

- Set up dance cards around the gym or dance space
- Have students get into pairs or groups of three
- Tell students that they will have 30 seconds to move between stations and to read their cards
- Then, they will have 30 seconds to 1 minute to perform the dance move on the card

3. Musical Hoops

- Arrange hula hoops throughout the space and place a cue card in the center of each one with a dance move written on it
- During the silence, students move around the gym (avoiding the hoops) in any way the teacher calls (running, skipping, walking etc...), then when the music comes on, students move to which ever hoop they are closest to and performs that move for the duration of the music
- There may be more than one person around the hoop
- this warm-up works well after the Dance Circuit because students will already be familiar with certain dance moves

4. Mirror Dance Partners

- Arrange students in pairs and have them face each other, one on either side of a line
- Students cannot use any words to hint what moves they are going to try
- If the leader moves to his/her right, then his/her partner must move to his/ her left – mirroring the leader
- Tell students to add in some facial or body movements that will cause a reaction (the follower must mimic the leader – cannot burst out laughing)
- Leader dances for each portion of the music, then change roles

5. Dance Obstacle Course

- While travelling between or through obstacles, students must use dance movements

6. Team Musical Chairs

- Set up a large circle using grey mats or chairs
- There needs to be one less chair or mat than there are people in the group
- Divide the class into two teams (boys vs. girls or pinnies)

- Begin by just walking around the outside of the chairs or mats to the music, when the music stops, quickly grab a mat or chair – if you are standing without one, the other team gets a point and the team that lost must create a new dance to do around the mats
- No one is eliminated during this game
- Students may perform dance moves while moving around the chairs/mats instead of walking or running
- Or, the individual who gets caught without a mat must make up the next dance around the mats (s/he must lead it)

7. Perpetual Motion Machine

- Divide students into groups of 4
- Groups must decide upon which machine they want to be
- Create a sequence of three movements with each movement being performed by a different group member
- The sequence of three movements represents the machine creating its product, while the forth member of the group is responsible for pantomiming the machine's product
- Student 1 must initiate Student 2's movement, while student 2's movement initiate's Student 3's movement and so forth
- Student 3's movement results in the product
- After practice, the machine should become perpetual
- Each group will perform their machine while the other groups guess what it is
- This warm-up is a great way to practice the concept of a dance 'cannon'

8. Musical Lines

- For each line on the gym floor, students perform a different dance move
- Students must switch lines every 30 seconds
- For example, this warm-up before performing *The Hustle*, could look like this:
 - Black lines: slides
 - Green lines: grapevines
 - Yellow lines: disco points
 - White lines: rolls forward and back
 - Red lines: sunshine hands
- Change in order to incorporate the dance steps you are teaching that day or to review from a previous day

9. Dancing Hot Potato

- Make a circle with everyone in the class (middle of the gym)
 - Close enough so elbows touch
- When the music is playing simply pass the ball around (cannot go to the person beside you and must pass to a different person each time you get it)
- If you are holding the ball when the music stops, you must think of some dance move to perform before you pass the ball from now on (every time you pass it)
 - If you get caught with the ball more than once, then you have to make up a different dance move each time you get caught with it
- If a little slow, add in another ball

10. Pass-a-Dance

- Arrange all students in a circle
- First person performs a dance move and the whole group performs it
- Moving clockwise, the second person in the circle performs a dance move

- The whole group then performs Student 1's move and then Student 2's move
- Continue until the entire group has gone
- Or, to make it quicker, just do this warm-up so that each person creates a move, the class mimics it and then go onto the next person
- Or, perform this warm-up as a wave. First person creates a move, it gets 'passed' onto the next person and so on and so until the whole class appears to have performed a dance wave. Wave changes when it has gone all away around the circle and it is the next person's turn to create a new dance.
- This warm-up works great at the end of the unit because it can review all of the dance moves learned in a unit

II. Dance Video Clip Warm-Up

- Warm-up for dance using a video clip
- There are literally thousands of dance videos out there in every genre – they are a great way to learn a variety of dances and get a great work out at the same time!
- Great way for you to either learn dance or get a dance work-out in at home
- Most videos include a 5-10 minute warm-up option on the main menu



DANCE

Alternative Assignment

Name: _____

Choose a genre of dance that you have always wanted to learn more about. Look at various instructional websites, in order to learn the history and 10 of the most famous moves of this genre. Then, fill out the form below; make sure you record the URLs you used for your research.

1. Genre: _____

2. History: _____

3. Name 10 moves within your genre and describe each one using words and/or illustrations

1. Move #1: _____

★ Description:

2. Move #2: _____

★ Description:

3. Move #3: _____

★ Description:

4. Move #4: _____

★ Description:

5. Move #5: _____

★ Description:

6. Move #6: _____

★ Description:

7. Move #7: _____

★ Description:

8. Move #8: _____

★ Description:

9. Move #9: _____

★ Description:

10. Move #10: _____

★ Description:

4. Record 5 URLs of the resources you used to gain the information provided above:

1. _____

2. _____

3. _____

4. _____

5. _____

La Macarena



History: Macarena started off in 1993 as a flamenco dance; composed and released by the Spanish duo Los Del Rio, sweeping across Spain. Today, of course, it's on the air all around the globe. People who don't know a word of Spanish have taken to it - dancing to it with electric fervor.

Music Source: "La Macarena" by Los Del Rio

Formation: Line dance, all facing forward

Moves: Various hand movements, hip swinging, $\frac{1}{4}$ turns.

Steps to the Beat:

Measures	Action
1-4	<ol style="list-style-type: none">1. Extend right arm straight out, palm down.2. Extend left arm straight out, palm down.3. Rotate right hand, palm is now up.4. Rotate left hand, palm is now up.
5-8	<ol style="list-style-type: none">1. Touch right hand on top of left shoulder.2. Touch left hand on top or right shoulder (arms are now crossed).3. Touch right hand on back right side of head.4. Touch left hand on back left side of head.
9-12	<ol style="list-style-type: none">1. Touch right hand on left hip.2. Touch left hand on right hip.3. Touch right hand on right bum cheek.4. Touch left hand on left bum cheek.
13-16	Shake hips and do a $\frac{1}{4}$ turn to the right. And prepare to repeat the steps.
Repeat entire dance	

The Bunny Hop



History: A popular party dance that is all inclusive and a great warm-up for a dance class.

Music Source: Ray Anthony – “The Bunny Hop”

Formation: Form a line with everyone’s hands on shoulders in front of them. The whole class can be in one line, or you can divide students up into multiple lines.

Moves: Bleking Step, hops with feet together forward and backwards

Instructions:

- 1) Join the line of dancers. The person at the front is the leader and must know the dance well.
- 2) Place your hands on the shoulders of the person in front of you and expect the person behind you to do the same.
- 3) Kick your right foot out to your side (Bleking step) at the beginning of the verse and place your heel on the ground (count 1).
- 4) Kick it out a second time and place your heel on the ground again (count 2).
- 5) Change feet, and kick out twice with your left foot (counts 3 and 4).
- 6) Put your feet together and hop forward once (count 5) and then backward once (count 6) with the rest of the group.
- 7) Hop forward three times (counts 7-9) with the rest of the group on the three beats at the end of the verse.
- 8) Repeat the steps until the song is over.
- 9) Try to keep the line together without anyone falling behind. The leader should move throughout the room.

****Variation:*** Have the person at the back of the line suddenly become the leader.

The Chicken Dance



Music Source: “The Chicken Dance” song. There is also a techno version available.

Formation: In a circle, all facing in.

Instructions:

1. Anyone who's not chicken, stand in a circle facing the center of the circle.
2. When the music starts, hold your hands out in front of you and open and close them like a chicken beak four times (counts 1-4).
3. Put your thumbs in your armpits and flap your wings four times (counts 5-8).
4. Place your arms and hands like the tail feathers of a chicken and wiggle down to the floor four times (counts 1-4)
5. Clap four times (counts 5-8).
6. Repeat steps 1-5 four times.
7. After the fourth time, take the hands of the people on either side of you and everyone move in a circle. Or 'hula individually. Or hook arms with one person and swing until end of chorus.
8. When you get dizzy, switch directions.
9. Repeat until the end of the music or until you fall on the floor.

Oh' Johnny



Introduction: This great beginners' dance teaches the following essential basics: 1. Position of partner and corner, 2. Swing, 3. Allemande left, 4. Dos-a-dos, 5. Promenade, and 6. Circle left. There are some slight variations in the call in different areas, but all are completely directional.

Formation: A large circle, girls to the right of their partners, all facing the center, hands joined. Each man's left-hand girl is his "corner;" his right-hand girl is his "partner."

Note: Once you know this dance well, it is easy to perform the moves quickly, but don't get ahead of the music; make sure each step matches the corresponding lyric.

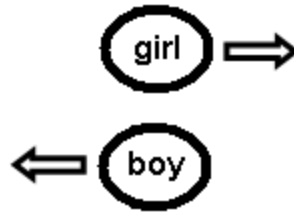
LYRICS	Dance Moves
PART A ALL JOIN HANDS AND YOU CIRCLE THE RING STOP WHERE YOU ARE, GIVE YOUR PARTNER SWING SWING THAT CORNER GIRL GO HOME AND SWING YOUR OWN YOU SWING AND YOU WHIRL	<p>All circle left for 8 counts.</p> <p>Men turn to their partners (right-hand girl) and swing her (hook right elbow to right elbow) in place for 8 counts.</p> <p>Men turn to the girl on the left and swing her (left elbow to left elbow) in place for 8 counts.</p> <p>Men turn back to the girl on the right and swing her again in place for 8 counts.</p>
PART B ALLEMANDE LEFT WITH THE LADY ON THE LEFT DOS-A-DOS YOUR OWN	<p>Men join left elbows with the girl on the left (arms straight with finger tips touching other's elbow), and they walk completely around each other and back to place in 8 counts.</p> <p>Men turn to face the girl on the right and they pass completely around each other, back to back, arms folded across chest, not touching each other, and passing right shoulders as they go by. Back to place.</p>
PART C TAKE YOUR CORNER PROMENADE AND GO WALKING WITH THAT MAID SINGING "OH, JOHNNY, OH, JOHNNY, OH."	<p>Men take a step into the middle of the circle, corner steps up to meet him and stands beside him on his right. He takes promenade pose with her; both facing counter-clockwise, left hands joined and right hands joined, man's left arm above his right. Promenade for a total of 16 counts and all join in singing the "Oh, Johnny" chorus.</p> <p>Open out into a circle to repeat the dance.</p>

** Dance is completed a total of 5 times**

Tango

Basic step:

- Closed position
- Make sure to have strong arms (some rigidity)
- Partners face different directions
- Boys:
 - Left forward
 - Right forward
 - Count: slow, slow
 - Step left
 - Step right to the side
 - Step left (but do not transfer weight – weight will be transferred on the next “slow” count)
 - Count: quick, quick



Promenade:

- On the “slow”, open up (turn hips)
- Girl’s head turns to face the same direction as the boy’s

Other basic steps:

- Promenade right turn
- Corte

The Bus Stop

History: Classic John Travolta, *Saturday Night Fever*. A line dance from the 70's that's simple to learn and perform. Walk forward, walk backward, twirl right and left, and we're off. All aboard!

Music Source: "Stayin' Alive" - Bee Gees

Formation: Line dance, all facing forward

Moves: Grapevine, touch, slide step, heel splits

Steps to the Beat:

Measures	Action
1-4	Start with feet together. Back right, back left, back right, tap left to right.
5-8	Forward left, forward right, forward left, tap to the left.
9-12	Step right, left behind, step right. Tap left to right.
13-16	Step left, right behind, step left, tap right to left.
17-20	Step right to right, tap left, step left to left, together left
21-24	Step right to right, slide together, heel splits, click heels together.
25-28	Tap right forward twice, tap right back twice.
29-32	Tap right forward, tap right back, tap right side, quarter turn left and stomp right.
Repeat entire dance	

Boot Scootin' Boogie



History: The song “Boot Scootin Boogie” was written and recorded by Brooks and Dunn. It was choreographed in 1990 and became and still remains one of the most popular line dances. It was this line dance that was used to set the official Guinness book of world records for the world’s largest line dance. (Australia, 1996-2000).

Music: “Boot Scootin’ Boogie” by Brooks & Dunn

Formation: Line dance, all facing forward in rows.

Moves: Grapevine, swivel, stomp-stomp-kick-kick-ball change, Forward-Hook-Behind-Back-Hitch-Back-Hitch-Forward-Scuff/Turn.

NAME OF MOVE	DESCRIPTION OF MOVE
PART A <ol style="list-style-type: none"> 1. Grapevine right 4 counts & clap 2. Grapevine left 4 counts & clap 3. Step on right & left heel dig 4. Step on left & right heel dig 	<ol style="list-style-type: none"> 1. Step right, step left behind right, step right, step left to meet right and clap 2. Step left, step right behind left, step left, step right to meet left and clap 3. Step on right foot and then step your left heel out at an angle and touch the heel to the ground 4. Step on left foot and then step your right heel out at an angle and touch the heel to the ground
PART B <ol style="list-style-type: none"> 1. Swivels 2. Stomp right x 2 3. Kick right foot (downward in front) x2 4. “Ball change” (quick right – left) 5. Stomp right x1 6. Kick right foot (downward in front) x2 	<ol style="list-style-type: none"> 1. Start to the left, right, left, center (swivel heels and hips) 2. Stomp hard on your right foot twice (make a sound) 3. Kick out foot just off ground twice 4. While right foot is still in air with second kick, lift left off ground, land on right, then left again 5. Ball change takes the place of one stomp 6. Leave right foot in the air after second kick
PART C <ol style="list-style-type: none"> 1. Rock forward on right - 2 counts 2. Rock back on left – 2 counts 3. Rock back (step back) on right – 2 counts 4. Step forward on left foot and brush right foot into 1/4 turn to left – 2 counts 	<ol style="list-style-type: none"> 1. While foot is in the air from the kick – land onto right in front of body 2. Transfer weight back onto left foot 3. These ‘rock steps’ should be a little slower than the other steps in the dance (take two counts) 4. ‘Scuff’ the right foot as you turn the ¼ turn.

** Repeat dance to all four walls **