

# **SPARK**

**2009 AAHPERD  
Tampa, FL**

**I'd rather  
Chew Aluminum Foil  
than Teach Dance**

Presented by  
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Paul Rosengard  
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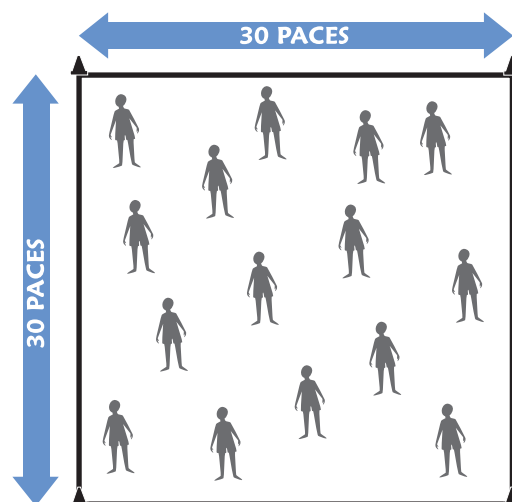


## Ready...

- Music: “5-6-7-8” (SPARK 3-6 Music CD, #7)
- Music player
- 4 cones (for boundaries)

## Set...

- Create large (30X30 paces) activity area.
- Scatter students in area.
- 5-6-7-8 Prompt Page (SPARK Instructional Media CD).



## GO!

1. The object is to perform a line dance using an “add-on” format.
2. On music, move throughout our area. When the music stops, find a partner.
3. This is your “Jumping” partner. Together, jump 4X and say “5,6,7,8” (4 counts).
4. On music, leave your partner, and move again. When music stops, find a new partner.
5. This is your “Grapevine” partner. Grapevine step R (step R, L behind, R, touch L) then Grapevine step L (step L, R behind, L, touch R) (8 counts).
6. Move on the music. When it stops, find a 3rd partner.
7. This is your “Skating” partner. Together, skate slowly by sliding R foot forward, then L foot forward, R foot forward, L foot forward (8 counts).
8. Move on the music. When it stops, find a 4th partner.
9. This is your “Hip” partner. Touch your R hip with R hand, L hip with L hand, R glute, L glute, clap 2X, “Raise the Roof” (push hands from shoulders to sky) 2X (8 counts).
10. Move on the music. When it stops, find a 5th partner.
11. This is your “Back-walking” partner. Together, backward-walk 4 steps, counting “1,2,3,4” (4 counts).
12. Now, we’ll play the music, and combine all the steps. The music has a prelude, then on cue, “5,6,7,8,” begin jumping.

### CUES

- ★ Find partners quickly.
- ★ Move to the beat.

**DANCE**



## Ready...

- Music: “Irish Jig Medley” (SPARK 3-6 Music CD, #16)
- Music player
- *Irish Jig Prompt Page* (SPARK Instructional Media CD)

## Set...

- Scatter students in large area.



## GO!

1. The object is to perform a folk dance from Ireland, called *The Irish Jig*.
2. We'll learn and practice 1 step at a time without the music first. Then we'll put it all together with the music. (*First, teach each step or sequence, and then cue students to get ready to practice together by saying, “5, 6, 7, 8.”*)

### 3. Irish Jig

- **12 heels (12 counts)**
  - R heel-tap, hop-change, L heel-tap. Do 6X (12 counts).
- **Chorus step (4 counts)**
  - Jump to straddle, jump to criss-cross, jump to straddle, jump together (4 counts).
- **Heel-toe-heel (12 counts)**
  - Hop on L while R does heel-tap front, toe-tap at “home,” heel-tap front. Then transfer all weight onto R foot (4 counts).
  - Repeat with L foot (4 counts).
  - Repeat with R foot once more (4 counts).
- **Chorus step (4 counts)**
  - Jump to straddle, jump to criss-cross, jump to straddle, jump together (4 counts).
- **Kick the can (12 counts)**
  - Hop on L, while R does kick to front, kick to side, then pumps down 2X- front, side, down, down (4 counts).
  - Repeat with L foot (4 counts).
  - Repeat on R side once more (4 counts).
- **Chorus step (4 counts)**
  - Jump to straddle, jump to criss-cross, jump to straddle, jump together- out, cross, out, together (4 counts).
- Repeat until end of song.



## Ready...

- Music: "Alunelul" (SPARK 3-6 Music CD, #14)
- Music player
- *Alunelul Prompt Page* (SPARK Instructional Media CD)

## Set...

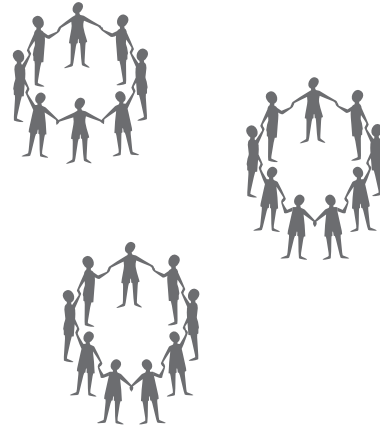
- Students in circles of 8-10; hands joined.

## GO!

1. The object is to perform a folk dance from Romania.
2. We'll learn and practice 1 step at a time without the music first. Then we'll put it all together with the music. *(First, teach each step or sequence, then cue students to get ready to practice together by saying, "5, 6, 7, 8.")*

### 3. Alunelul

- **Part 1** (16 counts)
  - Start facing to your R.
  - Double grapevine step and 2 stamps: Side, behind, side, behind, side, L stamp, R stamp (8 counts).
  - Double grapevine to L, finish with 2 stamps R and L (8 counts).
- **Part 2** (8 counts)
  - Single grapevine step to R. Finish with L stamp (4 counts).
  - Single grapevine step to L. Finish with R stamp (4 counts).
- **Part 3** (8 counts)
  - Side step R, stamp L (1 and) side step L, stamp R (2 and) side step R, stamp L 2X (3 and 4).
  - Side step L, stamp R (1 and) side step R, stamp L (2 and) side step L, stamp R 2X (3 and 4).



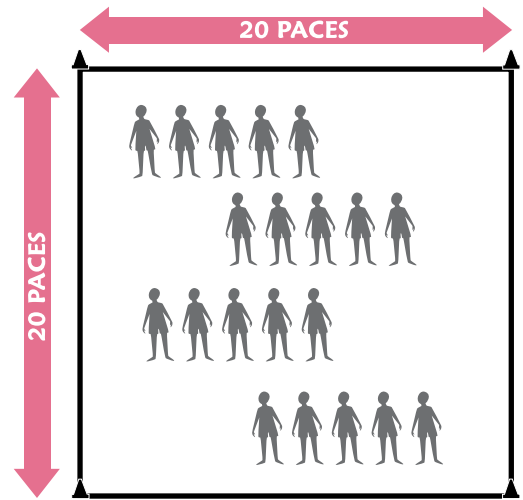


## Ready

- 4 cones (for boundaries)
- Music: “Alley Cat” (SPARK K-2 Music CD)
- Music player

## Set

- Create medium (20X20 paces) activity area.
- Form groups of 5; send each group to stand in a line facing forward.
- Ensure students have enough space to move safely; then begin instruction.



## GO!

1. *Alley Cat* is a line dance from the U.S.A.
2. We'll learn and practice 1 step at a time without the music first. Then, we'll put it all together with the music.
3. Let's practice the movements together:
  - Touch R toe to R side, return: 2X (4 counts).
  - Touch L toe to L side, return: 2X (4 counts)
  - Touch R toe in back, return: 2X (4 counts)
  - Touch L toe in back, return: 2X (4 counts)
  - Lift R knee across front of body, return: 2X (4 counts)
  - Lift L knee across front of body, return: 2X (4 counts)
  - Lift R knee across front of body, return: 1X (4 counts)
  - Lift L knee across front of body, return: 1X (4 counts)
  - Jump up in the air, pause, then clap your hands.
  - We'll repeat this sequence throughout the song.
4. **Let's try it with the music.**
5. **Wrap it Up**
  - In this dance it was important to know right from left.
  - Point in the direction you would go to move to your right. To your left?

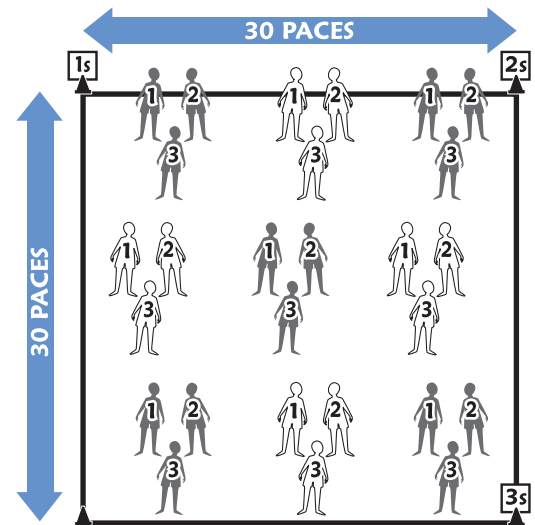


## Ready...

- Music: “Pata Pata” (SPARK 3-6 Music CD, #17)
- Music player
- *Pata Pata Jigsaw Cards* (SPARK Instructional Media CD)
- 4 cones for boundaries

## Set...

- Create a large activity area (30X30 paces).
- Form groups of 3; scattered in area.
- Print and cut *Pata Pata Jigsaw Cards*. Place 1 at each of 3 corners of area.



## GO!

1. The object is to learn and teach a folk dance from Africa, using a technique called a jigsaw.
2. Number yourselves 1, 2 and 3. All 1s move to this corner (*point to corner with first part of dance*), 2s to this corner (*point to corner with second part of dance*), and 3s here (*point to corner with third part of dance*).
3. On signal, you will learn 1 of 3 parts of the *Pata Pata*. Practice it until the signal.
4. On signal, return to your group of 3. #1s teach your group the first part of the *Pata Pata*, then #2s add your part; and finally, #3s, add yours.
5. **Pata Pata**
  - **Part 1**
    - Toe-tap R to side, and “home,” 2X (4 counts).
    - Toe-tap L to side, and “home,” 2X (4 counts).
  - **Part 2**
    - Slide feet: toes out, heels out, heels in, toes in (4 counts).
  - **Part 3**
    - Knee lift R 2X (2 counts).
    - Kick forward L 2X (2 counts).
    - Jump 1/4 turn to R, pause and clap (4 counts).
  - Repeat all turning 1/4 turn to the R each round.
6. Let’s all do the Pata Pata together once without the music.
7. Time to try it with the music!