

Let's Rock This Party

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You Tube: SuzRockThisParty

Funky, Fun dance activities for all ages.
 "Dance like nobody's watching"

Dance:	Rock This Party
Music:	Gonna Make You Sweat-C+C Music Factory or Rock This Party by Bob Sinclair
Formation:	Scatter or line

start when they say Everyone Dance Now

8 counts:

Right hand on forehead and left arm straight behind while walking to the right 4 steps (right, left, right, together) on the 4th count clap.

Then go left, left hand on forehead and right arm straight behind while walking to the left 4 steps (left, right, left together) on the 4th count clap.

4 counts:

Bring arms in towards chest make a broken T (fists facing each other chest level, elbows out to side) for and pump arms forward for 4 cts

8 counts:

Mash Potato: 4 cts to right 4 cts to left

4 counts:

Spin on left leg while pumping arms and right leg together for 4 counts (pump 360 degrees around)

4 counts:

Rock in place

4 counts:

March in place

Repeat dance

Dance:	Thriller
Music:	Thriller (J.D. Hughes)
Formation:	Scatter or line

8 cts.- *Monster Claws...with hands in monster claws step forward R and hold, step forward and hold, step forward R, L, R, L*

8 cts.- *Slide, Shimmy, Clap...Long slide step R and while the L comes together "shimmy" shoulders (3 cts.) then clap overhead on ct. 4. Repeat to the L*

8 cts.- *Breast Stroke...angle step forward (to the R) R, L, R, L while doing breaststroke motions with the hands, repeat with angle steps forward (to the L) beginning with L foot, L, R, L, R*

8 cts.- *Zombie Stomp...Stomp back R and hold, stomp back L and hold, stomp back R, L, R, L, while holding hands up like a zombie (exaggerated stiff movements)*

8 cts.- *Dealing Cards...In place, feet apart, "deal cards" with the hands while leaning to the R (4 cts.), then repeat to the L (4 cts.)*

Dance:	Hey Baby
Music:	Crazy Frogs CD #2
Formation:	Scatter or line
Idea From:	Gregg Montgomery, New Jersey video post on PE Central

Cts 1-8 Counts 1-4 shake hands up – up to right 2x's then left 2x's
 Ct's 5-8 Shake hands down to right two times; down to the left two times;

Cts 9-10 Clap 2 x's

Cts 11-12 Jump forward – say ooh (2cts)

Cts 13-4	Jump backward – say aahh (2 cts)
Cts 15-16	Clap 2 x's
17-20	2 criss cross jumps (arms cross over head too)
21-24	right grapevine
25-28	left grapevine
29-32	march in place

Dance:	Peanut Butter Jelly Time (Chip Candy)
Music:	Peanut Butter Jelly Time, by Chip Man & The Buckwheat Boyz-short version
Formation:	Scatter or line

Begins with the Chorus...below

Chorus

Where he at (Hand over eye as in a salute, RLRL 4x)

There he go (Point to the sky RLRL 4x)

Peanut butter jelly. Peanut butter jelly. Peanut butter jelly. Peanut butter jelly. (Slap hand over hand like you're slowly making a sandwich 4x)

*Peanut butter jelly, Peanut butter jelly, Peanut butter jelly (Slap hand over hand like you're making a sandwich quickly 3x) with a baseball bat (Pretend to swing a bat after the last Peanut Butter Jelly) **Repeat this sequence once more.***

(Repeat Chorus)

Break it down and freeze –(Funky Dance moves and Freeze) (4x)

(Repeat Chorus)

Tic tac toe (Criss cross feet) (4x)

(Repeat Chorus)

Freestyle, freestyle, freestyle , freestyle (Your choice dance moves) (4x)

(Repeat Chorus)

Dance:	Club Can't Handle Me
Music:	Flo Rida Featuring David Guetta
Formation:	two wall Line dance or a circle dance

Cts 1-16 Walk forward 4 cts and kick on ct 4

Walk backward 4 cts and kick back on 4

Repeat

Cts 17-24 4 Sticky PUMP Steps (each step forward takes 2 cts-R,L,R,L)

Cts 25-28 ¼ turn (Left foot is in front, ¼ turn backwards over left shoulder then ½ turn backwards over right shoulder)

Cts 29-32 Jump counter clockwise end up facing back wall

Repeat dance to outside of circle

Dance:	Good Time Dance
Music:	Good Time by Alan Jackson
Formation:	Scatter or line

Cts 1-8 Step forward Right (2cts) Step forward Left (2cts) Step forward Right (2cts) Step forward Left (2cts)

Cts 1-8 Side touch out and back with right toe (4 cts) Grapevine or turn (4cts)

Cts 1-8 Side touch out and back with left toe (4 cts) Grapevine or turn (4cts)

Cts 1-8 Lift right knee hop back Ct 2 Step right back Ct 3 Hop left Ct 4 Step left back
Ct 5 Hop right Ct 6 Step left down, feet together Ct 7 Cross jump with right over left
Ct 8 turn toward left shoulder

Cha Cha Step (8 cts) Cts 1-2 Step right, cha cha step or two step Cts 3-4 Rock forward on left foot back on right Cts 5-6 Step left back cha cha/two step Cts 7-8 Rock back right., step left or walk FW 4 cts and back 4 cts.

Shimmy (8cts) Step side right, wide stance, bend knees, shake shoulders (4 cts) Step side right, wide stance, bend knees, shake shoulders (4 cts)

Dance:	Heads will Roll
Music:	Thriller/Heads will Roll, Glee Cast
Formation:	Scatter or line

start when the song says Off with your Head

Section One:

1-8 cts: Take left arm, circle it around your head (over face and back of head) 2 cts and then put arm out to left side straight with head tilted to left-2 cts. **Hold four cts**

1-4 cts: Pivot on right foot to move 4 cts to right (1/2 turn facing back)

5-8 cts: "dance till your dead" hold a "dead pose" for 4 cts

REPEAT

Wait on the third "Off with your Head" only 2 cts

(its close to midnight)

Section Two:

1-4 cts: 2 gallops forward, right then left, with arms out to sides shaking the hands low.

5-8 cts: In a wide stands, hands on knees, step back, rt, left, rt, left (4 of these steps back)

9-16 cts REPEAT

17-20 cts: Lead with right –step touch on a diagonal with the right leading, then left leading. rt hand "deal the cards", and left hand "deal the cards"

21-24 cts: "breast stroke swim arms" 2 X's while moving backwards right step together left, right step together left.

25-32 cts: REPEAT

Section Three:

1-8 cts: "you tried to scream"

Long slide step R and while the L comes together "shimmy" shoulders (4 cts.) then clap overhead on ct. 5, arms down to side ct 6, clap overhead 7, then out to side ct 8.

9-16 cts: REPEAT to left side

Section Four: Chorus Thriller

1-8 cts: Michael Jackson Thriller walk ~ Monster Claws...with hands in monster claws- walk to R 3 ct's and hold on 4, turn claws to left (ct 5), to right (ct 6), to left for cts 7-8

9-16 cts: REPEAT other direction

Repeat Section One Off with your head

Repeat Section Two Shimmy forward, monster mash back, deal forward, swim back

Repeat Section Three MJ shimmy with clap

Repeat Four-Chorus Monster Claw walk

Repeat Section One: Off with your head

1-8 cts: "Darkness falls" Drop down to floor ct 1 take the next 7 cts to move body to a stand

9-16 cts: Zombies walk 4 x's each taking 2 cts. quick jog 4 cts repeat through this section. Then

17-24 cts Drop down to floor ct 1 take the next 7 cts to move body to a stand

25-32 cts: Zombies walk 4 x's each taking 2 cts.

8 cts quick jog

Repeat section Four: Thriller

Repeat section One: Off with your head to finish the dance

Dance:	Let's Move
Music:	Beyonce Let's Move dance you can see this on you tube
Formation:	Scatter or line

Follow the song steps 1. Clap two cts to right up, left up, rt down, left down

2. Jump and clap

3. High jog

4. Step touch rt and left
5. Do the Dougie
6. Jump Rope

Chorus: step touch rt 2 x's, left 2 X's, pse, left 2x's then right 4 fast stpes, left 4 fast steps, lead with right hip train 4 cts repeat, 4 step touches fast right then left, cross jump pelvic shake repeat.

7. salsa
8. running man
9. step touch forward 4x's and snap
10. bounce and snap

CHORUS

11. Box step
12. Run to the left 16 cts
13. Run to the right 16 cts

REPEAT

14. step touch with waving the American flag
15. Bounce "cool down" wave away the sweat

Dance:	Wobble (Chip Candy)
Music:	Wobble by V.I.C or "Teach Me How To Wobble" by Cupid This is a cleaner version than Wobble by V.I.C.
Formation:	Scatter or line

Jump forward (4 beats, 1 jump-the other 3 beats you wiggle your rear end)

Jump backward 1 Jump- 4 beats

Face left and move arms out to the left .. 4 beats

Face right and move arms out to the right .. 4 beats

Rock right- 4 beats (R, L, R tap left)

Rock left- 4 beats (L, R, L tap right)

Turn ¼ turn to the left -4 beats and step backwards 5,6,7 and jump forward on ct 8

Repeat Dance

Dance:	Party Rockers
Music:	Party Rock Anthem (Kidz Bop 21)
Formation:	Scatter or line

At the beginning have groups of children jump out at Party Rock; Yeah; wooo; let's go

Description: start on the second "Everybody have a good time"

Party Rockers:

8 counts: Wide stance, Hand on the knees lean R,L,R,L, and then lean forward circling from left to right on 5,6,7,8

8 counts: R heel touch on diagonal forward and back 2X's, pivot in circle pump right arm up over head for last 4 count. Or for younger children, do not perform the diagonal touch and just pump around and for the last 4 cts have students hold with hands on knees.

Repeat last two 8 counts

Running Man:

4 counts: Running man (4 counts)

4 counts: Large step with right 2 cts and then large step left for two counts.

Repeat 3X turning to face different directions

Party Rockers: "Let's Go"

8 counts: Wide stance, Hand on the knees lean R,L,R,L, and then lean forward circling from left to right on 5,6,7,8

8 counts: R heel touch on diagonal forward and back 2X's, pivot in circle pump right arm up over head for last 4 count. Or for younger children, do not perform the diagonal touch and just pump around and for the last 4 cts have students hold with hands on knees.

Poses hold for 8 cts peform 2 for 4 cts each.

"Dance that" hold 4 cts

Hold a pose for 4 counts "Everyday I'm shuffling"

Running Man:

4 counts: Running man (4 counts)

4 counts: Large step with right 2 cts and then large step left for two counts.

Repeat 3X turning to face different directions

Hands Up: "Get Up"

16 counts: Arms up over head 2XR, circle down to lower left 2XL

16 counts: Walk forward three counts kick forward on ct four

Walk backward three counts jump and clap on four

Repeat

8 counts: Tap left toe behind right, cross arms as they move from low to high in front of body for 8 cts.

8 counts: step left (bend knees and pump arms up and down-2 counts on side step, 2 counts as step left back to right) repeat to right then again left and right

16 counts: jump to left 2 cts, (could pony) pump left arm up (8 x's)

Party Rockers:

8 counts: Wide stance, Hand on the knees lean R,L,R,L, and then lean forward circling from left to right on 5,6,7,8

8 counts: R heel touch on diagonal forward and back 2X's, pivot in circle pump right arm up over head for last 4 count. Or for younger children, do not perform the diagonal touch and just pump around and for the last 4 cts have students hold with hands on knees.

Put your hands up:

16 counts: Wide stance, Hand on the knees lean R,L,R,L, and circle arms over head from left to right for 4 cts. Repeat a total of 4x's

8 counts: step left (bend knees and pump arms up and down-2 counts on side step, 2 counts as step left back to right) repeat to right then again left and right

Perform till end of song---jump to left 2 cts, (could pony) pump left arm up (8 x's)

Dance:	Funky Cowboy
Music:	CD Country Dances/Ronnie McDowell Curb Records 47 music square east, Nashville TN 37203
Formation:	Scatter or line
Equipment:	a bandana or scarf per student

Directions: Teacher leads students in the following movements:

Ct 1 Reach right arm forward

Ct 2 Reach left arm forward

Cts 3-4 Clap hands two times

Cts 5-6 Brush hands over each hip bw and fw—2cts

Cts 7-8 Clap 2 times

Cts 9-16 Grapevine 4 cts to right and 4 cts to the left, if limited space march 8 cts next to desk

Cts 17-24 Lasso pivot move 8 cts (pivot in own self circle)

Cts 25-32 8 cts of "pretend riding a pony"