

## **Let's Move and Groove in School: Take 2**

Today we are using Decades of Dance to provide classic movements reminiscent of an era. Using the ideas of First Lady Michelle Obama's *Let's Move in Active Schools* Program (2013), these activities are a way to bring moderate to vigorous activity to the schools. These are simple moves, using combinations of 8 counts that are familiar to many students. These dance patterns can be done in aisles in a classroom, on the playground or in the gym. So let's Move and Groove!

### **'50's King of Rock: Elvis Presley "Jailhouse Rock" (64 cts)**

Verse\*: Intro - Vamp (Best Elvis – 8cts)

Kick & Snap - R move forward (4x's – 8 cts)

Snap & step back with big loose arms (4x's – 8 cts)

Kick & Snap start R move forward (4x's – 8 cts)

Elvis knees with arms out opposition elbows (dbl – dbl – sngl – sngl – R-R) (8 cts)

Break\*:

Jazz square R over L Suzie Q hands or GTDOMF (2 x's – 8 cts)

Hitch back R & step R2 - L3 - R4 (4cts) Hitch back L & step L2 - R3 - L4 (4cts)

2 Step with opposition arms (like the Monkey) start R 2 w/ L arm up – L2 w/ R arm up creep R-L-R-L (all moving R diagonal direction – 8cts)

Repeat on Left diagonal (still start R – 8 cts)

REPEAT throughout alternating Verse & Break

### **'60's Beatlemania: Beatles "Twist & Shout" – (32cts)**

Intro – Vamp Guitar/Drums (16 cts)=

Twist - High 4 cts - Medium 4 cts - Low 4 cts - Medium with circles 4 cts

3-step turn clap & jump (4 cts to R)

3-step turn clap & jump (4 cts to L)

Suzie-Q (4 cts R & 4 cts L) Together – opposition – big knees

REPEAT

### **'70's Disco Diva: Gloria Gaynor "I Will Survive" (32 cts)**

3 Step Turn R (4 cts) 3 Step Turn L (4 cts)

Charleston Roll – Hands roll forward & up Hands roll backward & down (2x's) (8 cts)

Disco jump push 360° (8 cts)

Hip Steps – forward, forward, back, back (R-L-R-L) 1 time w/ rolling hands (4 cts)

Hip Steps - 1 time w/ clapping hands (4 cts)

REPEAT

### **'80's King of Pop: Michael Jackson "Bad" (32 cts)**

Intro: Best Michael Jackson Poses (repeat) Vamp or Freestyle

Right Arm, R leg out, L Arm, L leg out & Double pump (1 & 2 & 3 & 4)

Hitch or Push Drag to R (backside first) (5 & 6, 7 & 8)

Cabbage Patch – Push to L across front & pull right & back in 2x's (4 counts)

Cross R over L stepping to L with double snaps (shaking dice) (1 & 2 & 3 & 4...)

Lunge Front R w/ Point & Stare (1 hold 2) Head Bop (3, 4)

R foot crosses front & lean R (5, 6)

Pivot turn (7, 8)

Knee Pop R to L instep (1, 2)

Knee Pop L to R instep (3, 4) and

Moonwalk back (5, 6, 7, 8)

REPEAT – Reposition moving forward on arm pumps and snaps to have room

**‘90’s Master of Hip Hop: MC Hammer “2 Legit 2Quit” (48 cts)**

Intro: 2 Legit 2Legit 2Legit 2Quit (repeat) Vamp or Freestyle

Verse: Kick pumps to side R pump kick L- L pump kick R - R pump kick L-L L pump kick R-R (1 & 2 & 3 & 4)

Running Man – R forward slide L back – L forward slide R back (4 x’s or 8 counts)

Roger Rabbit – R foot back L foot back – R double – Repeat starting L (1 & 2 & 3 & 4) Arms down

Guard position – Arm Swings R & L Basketball Figure 8’s

2 Chris-Cross Jumps with Defensive Slide to Right or MC Hammer Jumps (1, 2, 3, 4, 5 & 6 & 7 & 8) Repeat to other side

Break: Repeat Intro

REPEAT

**‘00’s Punkin’ It: Pink “I’m Coming Up” (32 cts)**

Intro: Vamp or easy head rocks

Hook it Down & Out – R leg point to side, step forward on L while R fist up and hooks down (starting high)

L leg point to side, step forward on R while L fist up and hooks down (starting high)

Repeat R & L (8 cts)

Wide 2<sup>nd</sup> Grand Plie’ or Ready Position with wave arms – fingers locked up and down waves (4 cts)

Jump wide with Arms in T (5 hold 6), Genie arms in front of chest (7) back of hands up & together (&) snap to front on 8

Hitch push R leg out with arms pumping – back on L, R kicks low front as arms pump low in front (1) of pelvis shoulder lean down L Step back R-L-R (2-3, 4) - Reverse to R (8 cts)

Walk it Out – with soft knees or chicken legs turning 360° for 8 counts. (Can finish 8 with fist pump or throw down)

REPEAT

**‘10’s Pop Star!: Katy Perry “Firework”**

Intro: Vamp or Jump & Lifts

Brush off - R hand to L shoulder 2 cts brush off, repeat on R shoulder with L hand (4 cts)

Duck head under R arm (5, 6, 7, 8)

Chug/pop to front, R foot leads (drag L) 2 times with arms circled (up down) (4 cts)

Matrix (5, 6, 7,8)

Double arm pump twice, high and out (R), change sides, (repeat to left) (1 & 2 & 3 & 4)

Double fist twice, (starting L hand to R upper side), the R hand to L upper side (diagonal line) (5 & 6 & 7 & 8)

Pop March (R leg up – high march) – arms in opposition (L arm chest bent and R arm down and back) pop on ct 2 and ct 4 (4 cts)

Attitude with crossed arms over chest (2 knee bumps R and then 2 L (or hold position) (4 cts)

REPEAT from top with R hand to L shoulder

Closing note: Special thanks to all of the wonderful musicians and iconic dancers/performers from these decades that gave us such rich movements and rhythms. Putting these simple dances would not have been possible without the stars’ footprints and larger than life style and flair. You can take dance to a higher standard by having your students stamp their personal footprints or by selecting regional or personal favorite artist’s moves into their own dance.

Music notes: It can be challenging to find appropriate music and lyrics for school-age students. Lyrics have been checked and “clean” versions were used if needed. The music that we have used today was purchased from iTunes.