

LINE DANCE DIRECTIONS

NASPE PETE Standard 2: Skill-Based and Fitness Based Competence

Physical education teacher candidates are physically educated individuals with the knowledge and skills necessary to demonstrate competent movement performance and health-enhancing fitness as delineated in the NASPE K-12 Standards

2.3 Demonstrate performance concepts related to skillful movement in a variety of physical activities.

NASPE K – 12 Standard 1:

Demonstrates competence in motor skills and movement patterns needed to perform a variety of physical activities.

Performance Indicator:

Perform specific patterns and sequences in dance and rhythmic activities.

Assessment Task:

Perform the Thriller (1 Wall Line Dance) by J.D. Hughes

Criteria for Competence (Level 3):

1. Consistently performs steps in sequences correctly.
2. Consistently performs to the beat of the music.

Directions for TC:

You will be asked to perform a line dance

You will be assessed on your ability to:

- A-Perform the steps and sequences of the dance correctly.
- B-Move to the beat of the music.

Thriller (1 Wall Line Dance) by J.D. Hughes

Music- "Thriller", by Michael Jackson

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

The Thriller Dance can be viewed on YOU TUBE

<http://www.youtube.com/watch?v=l0z71KJL7RU>