

Let's Rock This Party

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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:	Axel F/ Crazy Frog Mixer
Music:	Axel F Crazy Frogs CD
Formation:	Partner dance and/or mixer Stand facing your partner

Start facing a partner

The first sequence of the dance starts after the words "what's going on?"

1-2 with RT hand Brush the dirt of your left shoulder

3-4 with Left hand Brush the dirt of your right shoulder

5-8 repeat above

9-16 Patty Cake Sequence

Slap thighs 2x's

Clap 2x's

Patty cake with partner 4 x's (I have the students cross patty cake from 3rd grade up/ the younger ones just High Five patty cake)

Repeat all of above 1-16 making it 32 total counts

1-8 Slide Series students hold hands and slide 4x's one direction and them 4x's back

9-16 Repeat the slides sequence

1-8 Do-si-do sequence (students perform a do-si-do for 6 counts and end up facing their partner, on ct 7 they slap their thighs and then ct 8 double high five their partner)

9-16 repeat Do-si-do sequence

Then they find a new partner by dancing free style around the gym. (32 cts)

Repeat the above sequence two times

Then for the longer freestyle section of the song I have them move in a variety of pathways, levels and using different tempo's till I ask them to find a new partner.

Then repeat the dance sequence.

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 2 x'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 oooh (2cts)

Cts 13-4 Jump backward – say aaah (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 (susan's version)
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:	Club Can't Handle Me (Katie's version)
Music:	Flo Rida Featuring David Guetta
Formation:	line dance

Section One: (16 counts hand up with gallop forward)

- Cts 1-4 Gallop to the right 2X, left, right
- Cts 5-8 Gallop to the left 2X, right, left
- Cts 9-16 Repeat backwards

*Repeat for 16 count***Section Two:** (16 cts)

- Cts 1-4 4 count shoulder dip to the right as you step touch for 4 cts
- Cts 5-8 4 count pump arm up as jump around for 4 cts
- Cts 9-16 Repeat left

*Repeat for 16 count***Section Three:** (16 cts)

- Cts- 1-4 3 jab stabs with hands up to the right
 - 2 count switch to the left with hand in the air
 - Repeat to the left

*Repeat for 16 count***Section Four:** (32-count grapevine)

- 4 counts right
- 4 counts left
- Repeat for total of 32 counts

REPEAT ENTIRE SEQUENCE (sections 1-4)**Section Five:**

- L fist walk forward 4 counts
- Pump it out with pivot turn 4 counts
- Repeat

*Repeat for 16 count***Section Six:**

- Cts 1-2 2 count right foot/right elbow forward
- Cts 3-4 2 count left foot/left elbow forward
- Cts 5-6 2 count right foot/right elbow side
- Cts 7-8 2 count left foot/left elbow side

*Repeat for 16 count***Repeat Section One for 16 cts****Repeat Section Four:** 4sets of 8 counts grapevine putting hand up.*Finish with dramatic pose*

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:	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