***Hook em...***

***And***

***Hold em...***

***Get them to Dance***

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**This dance activity may be used to teach any dance steps you will be using in the dances you are about to teach The activity begins by teaching the steps to the students in a game format. The game “Zoom Zoom” works well for this. After students have learned the steps put them in a sequence and put it to a piece of music.**

 **Zoom-Zoom ( Adapted from Dr. Gary Sanders)**

**Play music and have students use random locomotor patterns. When the music stops have student find a partner**

* **This partner will be your rock step partner. (learn and practice the rock step)**
* **Zoom – students move around gym using different locomotor patterns of teachers choosing. When music stops find a new partner. This will be your step-touch partner. (have students point to their rock step partner) (learn and practice step-touch – you can teach this side to side or fwd & bk)**
* **Zoom and move and find #1 practice steps Zoom and move find partner #2 practice steps.**
* **Zoom and move find partner #3, teach and practice another dance step ( you can teach any step you wish to use for example three-step turn, or a pivot turn)**
* **Zoom and find #1 practice, find #2 practice, find #3 practice**
* **Zoom and find #4 teach and practice another dance step**
* **Zoom and find #1,#2,#3,#4 practice**
* **Put the dance steps together. You may need more parts. (teach any steps they may not know or will use in the dances you are about to teach).**

**Shoe Dance**

**Purpose: To develop rhythm, listening skills, and memorization. To learn dance in a non-threatening way.**

**Equipment: Tape player and music**

**Formation: all student scattered formation**

* **Description : Student sit down on the floor and remove shoes. Place hands on shoes. While sitting on the floor, students perform the following sequence of movements.**
	+ **right hand forward (4times)**
	+ **left hand forward (4 times)**
	+ **right hand to the right side (4 times)**
	+ **left hand to the left side (4 times)**
	+ **right hand up in the air ( 4 times)**
	+ **left hand up in the air (4 times)**
	+ **right hand up in the air (2 times)**
	+ **Left hand up in the air (2 times)**
	+ **Right hand up in the air (1 time)**
	+ **Left hand up in the air (1 times)**
	+ **Click hands (heels) together twice**

**Sequence is repeated until music is finished. After completing this part, students put their shoes back on their feet and transfer the hand movements to their feet .**

**Typically students have an easy time transferring the movements from their hands to their feet.**

**Educational Tips:**

* **Use Cues**
	+ **Step R-L-R-L**
	+ **Directional Fwd, Back, Side, Together, Cross**
	+ **Counts (always start with ) 5-6-7-8**
	+ **Rhythm S-S-Q-Q**
	+ **Combination 1-2- Cha Cha Cha**
	+ **# of Weight changes**
* **Clapping out the rhythm, move body parts to the rhythm, using locomotor movement,**
* **Say and Do the movement**
* **Use terminology – Leader & Follower, Inside Person/ Outside Person**
* **Non-verbal cues – Pointing the direction your group needs to move.**
* **When teaching a line dance demonstrate on all walls it will be danced on (Ex. – four wall dances should be practiced on all four walls)**
* **Switch rows frequently**
* **Cue ahead of the next movement**
* **For groups that do not like to touch start by using a scarf or deck tennis ring for them to hold.**
* **Relax don’t be afraid to try something new / it is ok if the students see you make mistakes**
* **PRACTICE – PRACTICE - PRACTICE**

**Jiffy Mixer**

**Position: Butterfly**

**Formation: Double circle, man’s back to center of circle**

**Steps: Balance, walk, chug, step-close-step, heel and toe.**

**Measures**

* 1. **Introduction: Wait 2 measures, Beginning left, balance away from partner (step touch, balance together step-touch)**
	2. **Beginning left, heel, toe, heel, toe, step side in line of direction (LOD) close right to left; step side left touch right toe to left.**
	3. **Beginning right; repeat the action of measures 1-4; moving in the reverse LOD**
	4. **Release hands. Take four chug steps away from partner (both are backing away from each other, clapping between each chug. Chug (count 1) clap (count 2) The clap is on the upbeat of the music.**
	5. **Beginning left, take four slow, swaggering steps; diagonally right, each progressing to a new partner. The women move forward in LOD; men in the reverse LOD. Take butterfly position to begin dance over.**

 **Repeat dance from beginning with each new partner.**

**TEACHING CUE: Teach this dance with everyone facing same direction and have every walk fwd and turn around self on last step making it a two wall dance.**

**Katy Perry – Part of Me**

**Call Me Maybe ( Electric Slide with a twist)**

**4 wall dance**

**1-4 Grapevine R**

**5-8 Grapevine L**

**1-4 Walk bkwd R-L-R touch L toe**

**5-6 Step fwd L touch R toe behind**

**7-8 Step bkwd R touch L toe front**

**1-4 Step L skuff R and turn to face new wall step on R 3 hold 4**

**5-8 Rock knees R-L-R-L (keep knees slightly bent while rocking)**

**Dynamite**

**Grapevine to right 1-4**

**Repeat L 5-8**

**Zumba step up, up, back back – repeat – 8 counts**

**Back diagonal slide – R-L-R-L**

**Chasse to R –L – R – L diag 1-8**

**Dig deep R – L 1-4**

**Party turn ¼ turn5-8**

**Bele Kawe**

**Circle Formation**

**Facing counter-clockwise students two-step around the circle beginning with their R foot. 16 counts**

**Heel Step R-L-R-L moving toward center of circle 8 counts**

**Repeat stepping back out of the Circle – 8 counts**

1. **step turn R-L-R-L (arms in T position)jump on count 4 (hissing sound on 3 step turn – breathy “ha” on count 4)**

**Hip hop variations -- Use Back in Time (Pitbull)**

**Grapevine out of circle with R and in with L skuff step on count &4**

**Heel step with shoulders pulsing**

1. **step turn with head roll**

**Danza Kuduro**

1. **Step together to R 8 counts**
2. **Step together to L 8 counts**
3. **R hand up overhead 1 L up 2 wave hands 3-4**
4. **Macarena hips R-L 5-6 Back hip R-L 7-8**
5. **Pivot with R foot leading 1-2-3-4**
6. **Rock step Cha Cha Cha 5-6-7&8**
7. **Salsa L-R-L-R 1-8**
8. **Swing Head R-L-R-L 1-4**
9. **Rock Step Cha Cha Cha 5-6-7&8**
10. **Repeat beginning with step 3**

**Southside Shufflen -- Baby – Justin Bieber**

* **Right toe fans out 2x’s**
* **Right heel fwd – 2x’s**
* **Right toe bkwd – 2x’s**
* **Right heel – 1x fwd, touch toe next to left foot, touch out to the right, kick behind the left foot and touch left hand.**
* **Grapevine to right 1-4**
* **Grapevine to left 1-4**
* **Two-step (chasse) fwd turn 7 step together 8**
* **Repeat dance**

**Tonight Tonight**

**4 wall dance**

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**Step R fwd touch L (1-2)**

**Step L bkwd touch R(3-4)**

**Shake hips R – L (5-6 7-8)**

**Vine R (1-4)**

**Vine L (5-8)**

**Rock step back on R fwd Lo (1-2)**

**Repeat fwd R back L (3-4)**

**Jump feet apart- cross-apart bend knees & up ( 5-6-7-8)**

**Step push with R foot turning to next wall (1-6)**

**Step touch starting R touch L Step L touch R (7 & 8 &)**

**K Step Boogie**

**32 Count 2 wall dance**

* **1-8 Diagonal step touch with claps (Kstep)**
	+ **1-2 Step R to right front diagonal, Touch L Clap**
	+ **3-4 Step L to left back diagonal, Touch R beside L, clap**
	+ **5-6 Step R to right back diagonal, Touch L beside R, clap**
	+ **7-8 Step L to left front diagonal, Touch R beside L clap**
* **9-16 Diagonal step touch with claps (Kstep) repeat of 1st 8 counts**
	+ **1-2 Step R to right front diagonal, Touch L Clap**
	+ **3-4 Step L to left back diagonal, Touch R beside L, clap**
	+ **5-6 Step R to right back diagonal, Touch L beside R, clap**
	+ **7-8 Step L to left front diagonal, Touch R beside L clap**
* **17 – 24 Forward Diagonal Lock Steps**
	+ **1-2 Step R forward to right diagonal, Step L behind Right**
	+ **3-4 Step R forward to right diagonal, Brush/scuff L forward**
	+ **5-6 Step L forward ton left diagonal, Step R behind L**
	+ **7-8 Step L forward to left diagonal, Brush/scuff L forward**
* **25-32 Jazz Box ¼ turn 2x**
	+ **1-2 Cross Rover L, Step back on L**
	+ **3-4 Turn ¼ right stepping R to the Right, Step L slightly forward**
	+ **5-6 Cross R over L, Step back on left**
	+ **7-8 Turn ¼ right stepping to right, Step L slightly forward**

**Begin Again**

**Shakey Slide**

**Four Wall Dance**

**Music “Billie Jean” – Michael Jackson**

**Step Right step Left together with Right (repeat) (shake hips side to side as you step) 8 cts**

**Rock step: rock fwd on R step back on left – rock back on R fwd on L 4 cts.**

**½ pivots: step fwd with R pivot ½ turn (you are now facing the back)**

**Step fwd on R pivot ½ turn (you are now facing front again) 4cts.**

**¼ turn: step fwd on R ¼ turn to left stomp on count 3 hold count 4 4 cts.**

**Repeat facing new wall**