

*IF WE CAN DANCE:
YOU
CAN
TOO!*



By

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DANCE RESOURCE

- 1. HELLO GOODBYE (SLOW) (The Music Sounds Better with you)**
- 2. HELLO GOODBYE (FAST) (Machine Gun)**
- 3. ANIMAL DANCE (Disco Lies – Moby)**
- 4. ANIMAL DANCE (Body Rock – Moby)**
- 5. CREATIVE MOVEMENT (Praise You – Fat Boy Slim)**
- 6. CREATIVE MOVEMENT (Ring of Fire – Social Distortion)**
- 7. CREATIVE MOVEMENT (Staying Alive Remix – Bee Gees)**
- 8. CREATIVE MOVEMENT (No Sleep till Brooklyn – Beastie Boys)**
- 9. CREATIVE MOVEMENT (Rock your Body - Rob Sinclair)**
- 10. FREE WEIGHTS (It's like that – Run DMC)**
- 11. WORKING IT DANCE (What is Love)**
- 12. NO LIMIT (2 Unlimited)**
- 13. ROBO YOGA (Natural Blues – Moby)**
- 14. CHA CHA SLIDE (Casper)**
- 15. FOLLOW THE LEADER (The Soca Boys)**
- 16. MOVING CIRCLE (Everybody Dance Now)**
- 17. MUSICAL HOOPS TAG (Runaway)**
- 18. ROPES GAME (Honey – Moby)**
- 19. HIP HOP HO-DOWN (BKS – Ashley MacIssac)**

DANCE RESOURCE

- 20. TRAFFIC JAM (Green Step Lively CD)**
- 21. COTTON PART/LINE (RedNEX)**
- 22. CAR WASH (Gloria)**
- 23. YMCA (Village People)**
- 24. TWIST (Chubby Checker)**
- 25. CHICKEN**
- 26. HOKEY**
- 27. JIVE BUNNY**
- 28. AFRICAN DANCE (Diharbi)**
- 29. MACREANA**
- 30. KETCHUP**
- 31. LIMBO**
- 32. I GOTTA FEELIN (Black Eyed Peas)**
- 33. GOOD FEELING (Flo Rida)**

1: AFRICAN TRAVELS (SONG: DIRAHBI)

BOBBING

Hands on hips and bending knees left to right

WALKING ON SPOT

Light walk or jog on spot to the beat

ARM SCISSORS HORIZONTAL

While walking, add arm swings out to the sides and then out in front of the body

ELBOW LUNGES

Bring right elbow back 2 pumps and then left elbow back two pumps / elbows are horizontal with shoulders

SIDE TO SIDE STEPS

Side step to right and clap / side step to left and clap

HEEL TO TOE

Right heel out in front of right side/bring back in then left heel out to left side and back in

POPEYES ARMS

While heel stepping add right arm muscle pump with right arm and then with left arm (Muscle Poses)

FORWARD AND BACK

Take 3 steps forward and hold forearm up like a shield / take 3 steps back and then have right arm up like throwing a spear

SHOULDER SQUAT

Bobbing on the spot left to right but have arms bent sideways with fists tight. Move up and down while bobbing left to right

FUNKY FISH

Place two hands together and move fingers from down position to up position three times to the right and clap and then repeat to the left

RAISE THE ROOF

Bobbing with arms over the head two pumps to the right and two pumps to the left

PULLING TOFFEE

Arms fully extended with palms down, move arms alternatively up and down like the Mash Potato.

JUMP TURNS

Three steps (right/left/right) then jump sideways to the left then three steps and jump to the right

2: CAR WASH

<u>ACTION</u>	<u>INSTRUCTION</u>	<u>CUE</u>
CLAP (3 times)	1 and 1 and 5 fast	(Clapping)
REPEAT CLAP (8 TIMES)	Add pointer finger on each hand Point towards middle of circle Back into clapping	(Bing Sound)
HAND CIRCLES	Right Hand above Head (2 circles) (Violins) Left Hand above Head (2 circles) Right Hand Shoulder Level (2 circles) Left Hand Shoulder Level (2 circles) Right Hand Knee Level (2 circles) Left Hand Knee Level (2 circles)	
{REPEAT HAND CIRCLES TWICE WITH TWO CIRCLES AND ONCE WITH ONE CIRCLE FOR EACH HAND AT EACH LEVEL}		
SPIN	Spin in a circle once	{OOH! OOH!}
SWIM FORWARD	Swimming forward (arms) As they walk in a circle forward	(Singing)
SWIM BACKWARD	Swimming backward (arms) As they walk in a circle backwards	(Digging a Ditch)

HAND CIRCLES Same as before (2 circles twice) (Working at the)
(1 circle once)

DOGGY PADDLE FORWARD Doggy paddle forward (hands) (WOOOOOOO!)
as they walk in a circle forward

MOON WALK BACKWARDS Walk Backwards/ dragging feet (Being a Star)
Heel to toes

HAND CIRCLES Same as before (2 circles twice) (At the Car Wash)
(1 circle once)

WASHING HANDS FORWARD Two circles with hands on the right (Work Work)
side of body and taking a step each
Circle and then repeat on the left side
of the body

CORNERS Right hand above the body with index (3 Pauses)
(3 switches) finger pointing to the ceiling and left
hand below the hip with index finger
pointing at the floor.

**{THREE SWITCHES AND HOLD, (3) TIMES AND THEN THREE SWITCHES
FAST 2 TIMES}**

SWIM FORWARD Swimming forward (arms) (Talking about the)
As they walk in a circle forward

SWIM BACKWARD Swimming backward (arms) (C'mon Y'all)
As they walk in a circle backwards

HAND CIRCLES Same as before (2 circles twice) (Whoa! Whoa!)
(1 circle once)

3: COTTON EYE JOE (LINE DANCE)

RIGHT HAND CIRCLES (2)

LEFT HAND CIRCLES (2)

REPEAT

ROLL HANDS FROM KNEES TO HEAD (2)

DRIBBLE A BALL LEFT/RIGHT LEFT AND SHOOT (2)

**CROSS RIGHT HAND TO LEFT SIDE
CROSS LEFT HAND TO RIGHT SIDE
RIGHT HAND TO RIGHT HIP
LEFT HAND TO LEFT HIP**

**JUMP TWO FEET TOGETHER FORWARD
JUMP TWO FEET TOGETHER BACK**

**TURN TO LEFT AND FORWARD JUMP
AND BACK**

REPEAT FROM TOP FACING NEW DIRECTION

4: COTTON EYE JOE (PARTNER)

**SAME HAND OF PARTNER – TWO TAPS
OTHER HAND OF PARTNER – TWO TAPS
DOUBLE HANDS WITH PARTNER (2)
TAP KNEES (2)**

REPEAT

**SWING PARTNER 4 STEPS
SWITCH DIRECTION
SWING PARTNER 4 STEPS**

**ONE PARTNER DOSE AROUND PARTNER
OTHER PARTNER DOSE AROUND PARTNER**

REPEAT FROM TOP

5: FOLLOW THE LEADER - SOCA DANCE

FTL – HAND ROLL ACROSS THE BODY CLAP X2

HANDS UP DOWN

ONE HAND IN THE AIR LEFT – RIGHT

DOUBLE TIME TWO HANDS

FTL – HAND ROLL UP CLAP X2 DOWN

JUMP LEFT – RIGHT

CLAP X3 AND WAVE X3

FTL – HAND ROLL ACROSS THE BODY CLAP X2

I LOVE SOCA X4

SCREAM

FTL – HAND ROLL UP CLAP X2 DOWN

JUMP AND WAVE X3

JUMP X3

FTL – HAND ROLL ACROSS THE BODY CLAP X2

RAISE THE ROOF

WATER BUCKET

FTL – HAND ROLL UP CLAP X2 DOWN

4 MOVES TO LEFT SLIDE CLAP

4 MOVES TO RIGHT SLIDE CLAP

JUMP AND WAVE X3

JUMP X3

FTL – HAND ROLL ACROSS THE BODY CLAP X2

FREEZE

6: GOOD FEELING

POSE, ARMS UP, POINT TO SELF, SIDE POSE, YEAH OTHER SIDE

POINT TO SELF, CROSS HANDS AND NO NO

RAINBOW WAVE

16 - FIST PUMPS – MIDDLE (8) HIGH (8)

16 – ROBOT

REPEAT

CHORUS

STUTTER – DRUM SOLO

16 – X's

16 – LEG STEPS

REPEAT

CHORUS

STUTTER – DRUM SOLO FASTER

SLOW AIRPLANE

ARMS

CHORUS

8 – JUMP RIGHT PUMP / 8 - JUMP LEFT PUMP

8 – JUMP RIGHT PUMP / 8 - JUMP LEFT PUMP

POSE

7. HELLO GOODBYE

(SOLO / PARTNERS)

HELLO / WAVE (4)

WALK FORWARD (4)

HANDSHAKE (4)

JUMP UP (4)

TURN IN A CIRCLE (4)

WAVE GOODBYE / WALKING BACKWARDS (4)

REPEAT FROM TOP (FASTER EACH TIME)

8. HEY OH! (PARTNERS)

HEY OH! (Say out Loud)

I (FORWARD)

WISH (BACK)

YOU (FORWARD)

A (BACK)

GREAT (FORWARD)

DAY (BACK)

HEY HEY (TAP TOE TWICE)

DOUBLE HIGH FIVE

HIP BUMP

9. HILLBILLIE HO-DOWN (PARTNERS)

DOSE DO

**WALK BACKWARD / FORWARD
FIRST LEADER / SECOND LEADER
PARTNER SHOULDER**

BOW PARTNER / BOW CORNER / SWING (X2)

HIGHER LEFT / RIGHT / SHOULDER / HIGH (X2)

VIOLIN / ROCK / FIST PUMP

CLAP / TAP / CLAP

CIRCLE SWING

HIGHER LEFT / RIGHT / SHOULDER / HIGH (X4)

VIOLIN / ROCK / FIST PUMP

LINE DANCE

LIFT ME UP (X2)

VIOLIN / ROCK / FIST PUMP

BOW PARTNER / BOW CORNER / SWING (X2)

HIGHER LEFT / RIGHT / SHOULDER / HIGH (X4)

10. NO LIMIT

**CLAPPING
MARCHING ON SPOT
YEAH
MARCHING STEPS (16) F/SR/B/SL
JUMPING JACKS
FOOT TAPS RIGHT FOOT /LEFT FOOT
BOX TOP/SIDE/BTM /FRONT**

**NO FINGER R-L (X)
NO FINGER L-R (X)
SKY/VALLEY/MOUNTAIN
FIGHT 4 PUNCHES/PRIDE CHEST/UP**

**MARCHING STEPS (16) F/SR/B/SL
YEAH
FREESTYLE
BOX TOP/SIDE/BTM /FRONT
FREESTYLE
MARCHING STEPS (16) F/SR/B/SL**

**NO FINGER R-L (X)
NO FINGER L-R (X)**

**SKY/VALLEY/MOUNTAIN
FIGHT 4 PUNCHES/PRIDE CHEST/UP
REPEAT**

BOX TOP/SIDE/BTM /FRONT

11. TRAFFIC JAM (SONG #10 GREEN)

2 LINE FORMATIONS

PARTNERS FACE EACH OTHER

**CLAP / STAMP (3)
(TAP KNEES/CROSS KNEES/ROLL HANDS)**

TRADE PLACES WITH HIGH FIVE

TOP PARTNERS MOVE DOWN THE MIDDLE

**CLICKING HEELS WITH PARTNER
CHORUS**

**DISCO
CHORUS**

**SKIP
CHORUS**

**MOON WALK
CHORUS
YOU'RE TURN**

12. WORKING IT DANCE

HEAD BOB RIGHT (8)

HEAD BOB LEFT (8)

WAVE (4)

TAP (4)

DRIBBLE (16)

SIDE STEP CLAP (8)

HEEL JACK (8)

**3 STEP POSE RIGHT 3 STEP BACK CLAP 3 STEP POSE
LEFT**

**CIRCLE POINT LEFT -- CIRCLE LASSO LEFT
CIRCLE POINT RIGHT -- CIRCLE LASSO RIGHT
SEARCHING**

CHORUS

HEAD BOB RIGHT (8)

HEAD BOB LEFT (8)

WAVE (4)

TAP (4)

SEARCHING

CHORUS

DRIBBLE (16)

SIDE STEPS

FREESTYLE

SNOWBOARD RIGHT

SNOWBOARD LEFT

CHORUS

FUNKY FISH (16)

SIDESTEPS

DRUM POSE

13. Creative Movement Sequencing

Once you have finished teaching your movement education concepts to your students (Locomotor, relationships, pathways, balances etc...) a neat way to incorporate assessment of these movements in isolation and in conjunction with others, would be to develop a creative movement sequence. The following lesson(s) map out such an exercise.

Equipment:

- **Music Player with random selection of music (Techno, Country, Rock, Folk, Classical, etc...)**
 - **Paper and Pencils**
1. Have students, in their own personal space combine 3 movements (concepts) with 2 balances (poses) into a sequence... have them practice and record this on paper.
 2. After sufficient practice and movement sequence is recorded, pair students up and have each teach the other their sequence.

3. Once the sequences have been taught have the student pairs combine their sequences anyway they want and add 3 more movements (concepts) and 2 more balances (poses).
4. This continues until you have 4 large groups, 2 large groups or one whole class movement sequence.

Presentation Ideas:

- Whole class sequence performed for class, school variety show etc...
- 2 group dance off in the style of the Rocky Horror Picture Show dance off.
- 4 group dance off with judges
- Different groups can visit different classes and teach their dances.

14. I GOTTA FEELING (PARTNER DANCE)

<u>CUE</u>	<u>DANCER (A)</u>	<u>DANCER (B)</u>
SLOW MOTION (TICKING)	RIGHT ARM CURL / DOWN LEFT ARM CURL / DOWN BOTH ARMS CURL / DOWN BOTH ARMS FULL LIFT UP BRING DOWN TO SHOULDERS BOTH ARMS UP AND POINT TO PARTNER B	STANDING STILL
I GOTTA FEELING (GUITAR PLUCKING)	FROZEN	MARCHING ON THE SPOT AT ALL TIME Waving arms in the air (right to left) Arms move to chest level and swing from side to side with the hand hitting the chest . POINT TO PARTNER A
DRUM BEAT	TWO HANDS IN FRONT OF CHEST FINGERS POINTING OUT MOVING IN A CIRCLE FORMATION SLOW ROBOTIC STEPS WITH FEET	FROZEN
FEELIN OOHhh!	FROZEN	Same as Partner A

CHORUS

TONIGHT'S THE NIGHT
LET'S LIVE IT UP
I GOT MY MONEY
LET'S SPEND IT ALL

BOTH DANCERS TOGETHER

DOUBLE FIST PUMP AND JUMP
DANCE MOTION
MONEY MOTION WITH FINGERS
TOSSING MONEY LEFT TO RIGHT

GO OUT AND SMASH IT
LIKE OH MY GOD
JUMP OFF THAT SOFA
LET'S KICK IT - PAUSE

MOVE HAND/BODY DOWNWARD
JUMP BACK
JUMP AND CROUCH
LEG KICK

I KNOW WE'LL HAVE A BALL

SIDE STEPS RIGHT SIDE / LEFT SIDE ALTERNATE (2)
FRONT STEPS LEFT / RIGHT ALTERNATE (2)
BACK STEPS LEFT / RIGHT ALTERNATE (2)
SIDE STEPS RIGHT SIDE / LEFT SIDE ALTERNATE (2)

FILL UP MY CAR
LOOK AT HER DANCING
OFF
PAINT THE TOWN
SHUT IT DOWN
ROOF

ONE ARM STEERING MOTION
DANCE MOTION OR TWO ARMS IN FRONT UP AND DOWN MOTION
PRETEND TO THROUGH SOMETHING (PAUSE)
MOVE ONE ARM FROM SHOULDERS TO THE KNEES
CROUCH AND MOVE TWO ARMS IN SCISSOR MOTION (2)
JUMP UP WITH TWO HANDS ABOVE THE HEAD

DO IT AGAIN

WALKING FORWARD 4 STEPS WITH THE BEAT
WALKING BACKWARD 4 STEPS WITH THE BEAT
REPEAT

INDIVIDUAL

I GOTTA FEELIN

FROZEN

FEET PLANTED STILL
HANDS IN A BOX MOTION
SWITCHING TO ELBOW
THURSTS
POINT TO PARTNER A

(SLOW MOTION)

GOOD GOOD NIGHT

INTERLOCK FINGERS
IN FRONT OF CHEST
MOVE HANDS IN WAVE MOTION

FROZEN

CHORUS

TONIGHT'S THE NIGHT
LET'S LIVE IT UP
I GOT MY MONEY
LET'S SPEND IT ALL
GO OUT AND SMASH IT
LIKE OH MY GOD
JUMP OFF THAT SOFA
LET'S KICK IT - PAUSE

BOTH DANCERS TOGETHER

DOUBLE FIST PUMP AND JUMP
DANCE MOTION
MONEY MOTION WITH FINGERS
TOSSING MONEY LEFT TO RIGHT
MOVE HAND/BODY DOWNWARD
JUMP BACK
JUMP AND CROUCH
LEG KICK

FILL UP MY CAR
LOOK AT HER DANCING
OFF
PAINT THE TOWN
SHUT IT DOWN
ROOF

ONE ARM STEERING MOTION
DANCE MOTION OR TWO ARMS IN FRONT UP AND DOWN MOTION
PRETEND TO THROW SOMETHING (PAUSE)
MOVE ONE ARM FROM SHOULDERS TO THE KNEES
CROUCH AND MOVE TWO ARMS IN SCISSOR MOTION (2)
JUMP UP WITH TWO HANDS ABOVE THE HEAD

DO IT AGAIN

SIDE STEPS RIGHT SIDE / LEFT SIDE ALTERNATE (2)
FRONT STEPS LEFT / RIGHT ALTERNATE (2)
BACK STEPS LEFT / RIGHT ALTERNATE (2)
SIDE STEPS RIGHT SIDE / LEFT SIDE ALTERNATE (2)

HERE WE COME

JUMPING WITH RIGHT HAND IN THE AIR
PUMPING MOTION THEN RAPID

EASY COME EASY GO

JUMPING WITH LEFT HAND IN THE AIR
PUMPING MOTION THEN RAPID

BODY ROCK

HANDS POINTED TO THE LEFT PALM DOWN
SIDE CHOPPING OR BOW AND ARROW
WITH BEAT THEN RAPID

RUN AROUND

HANDS POINTED TO THE RIGHT PALM DOWN
SIDE CHOPPING OR BOW AND ARROW
WITH BEAT THEN RAPID

MONDAY TUESDAY

SHARP CHOPPING MOTION WITH HANDS LEFT TO RIGHT
THEN RIGHT TO LEFT

FAST TALK

SHIMMY HANDS RIGHT OVER LEFT THEN LEFT OVER RIGHT
FROM LEFT TO RIGHT AND RIGHT TO LEFT

INDIVIDUAL

FEELIN

FROZEN 8 COUNT MARCHING ARMS BENT AT 90
 DEGREES WAVING
 PASS TO PARTNER A
HIGH STEP MARCHING (8) FROZEN

FROZEN MARCHING (8) RAISING THE ROOF
 PASS TO PARTNER A

JUMPING JACKS (8) FROZEN

FROZEN JUMPING ON THE SPOT ARMS
 PUMPING OVER HEAD (8)

RIGHT ARM TWO FROZEN
FOREARM PUMPS
LEFT ARM TWO
FOREARM PUMPS
REPEAT

OOOHHH WHO

TOGETHER

CROUCH AND MOVE TWO ARMS IN SCISSOR MOTION (2)

15. Musical Hoops:

Equipment Needed:

- Music Player and Fast paced Music
- 6 Large Hula-hoops and 6 small Hula-hoops

Game 1:

- Students form a large circle holding hands.
- Teacher places all of the hoops between students arms, spaced out accordingly and in the sequence of large and small, large and small, etc...
- When music starts the students are to begin passing the hoops around the circle using their bodies and unable to unlock their hands. (The hoop should pass over the students head as the student walks or crawls through the hoop to pass it to the next student).
- Trick is the large hoops pass to the right and the small ones pass to the left. Students must problem solve this issue.
- Mark one hoop and keep time of circular journey around the group.

Game 2:

- Place all 12 hoops on the floor spread out throughout the gym.
- When the music starts have students move around the gym in any fashion they desire or one selected by the teacher. (Hopping)
- When the music stops they must find a hoop and have at least 1 foot inside. There is no limit as to how many people can be in a hoop, just that everybody has to be in one.
- Start music again and have students change their movement. As well, teacher takes away 2 hoops.
- Music stops and game repeats itself until there is 1 hoop left. The objective is to have everybody with at least one foot in one hula-hoop.

16. Musical Ropes:

Equipment needed:

- **1-4 pieces of rope ranging from 15 -25 feet in length.**
- **Music Player and Up beat music that has varying speeds to it.**

Activity:

Students are to form lines beside the rope on the floor. On teacher cue, students will pick up rope with right hand and hold it over head (starting position).

- **Student at one end of the rope will be the leader and will lead the students around the gym moving to the music.**
- **Students can use any movement they want and should use the rope as a tool to assist movement.**
- **Hand(s) must remain on the rope at all times.**
- **Reminder for safety as there are several groups moving around the gym.**

Extension:

- **Students can play a game of chase the tail, where the leader must catch the tail.**
- **Once the tail has been tagged then the leader becomes the tail and the line moves up the rope. Continue until all has a turn being the tail and the head of the line.**

17. Robo Yoga!

Equipment needed:

- Music Player And the song Natural Blues by Moby

Formation:

- Students are to find their own personal space in the gym and frozen in their spot, hands at their side.

Description:

- The students enter the gym go their own personal spot away from other and the walls (objects). The students are instructed that they are stuck in a bubble. They are to take a minute and explore levels, balances and flow patterns. After this they are to freeze and mirror the teacher's actions.
 - The activity goes for the length of the song.
 - Movements should be slow and deliberate focusing on body control.
 - Movements should explore levels, balances, hand-eye-foot-eye coordination, observation skills and speeds.
 - There should be no talking
 - Subtle movements of the hand to lying down on the floor rolling around should be explored.
- Activity is a great cool down, re-focusing, transition activity that can be done in any setting with any grade level. Develops trust and respect.

18. *LATIN LINE DANCING BY CATHERINE SHEEHAN*

1. Merengue- Merengue La Maquina- (Como Baila Como Gaza.)

- Step to the left with left foot and step right foot over to meet left, step to the left with left foot and step right foot over to meet left, tap foot on floor and clap. (4 Counts to the left)
- Step to the right with right foot and step left foot over to meet right foot, step to the right with right foot and step left foot over to meet right, tap foot on floor and clap. (4 Counts to the right)

***REPEAT (Total 16 Counts)**

- Step forward with left foot and tap right toe out to the right side with leg extended
- Step forward with right foot and tap left foot out to the left side with leg extended
- Step forward with left foot and tap right toe out to the right side with leg extended
- Step forward with right foot and tap left foot out to the left side with leg extended (Total 8 Counts)
- Step forward with left foot, tap right toe behind, step back onto right foot and tap left heel on floor on front of you. (4 counts)
- Step on spot while turning towards the left (quarter turn), with left foot, right foot, left foot, right foot. Students may choose to roll their arms while performing the quarter turn.(4 Counts)

***Repeat the same dance moves from the beginning, starting towards the left.**

Total Counts for one Rotation of Dance = 32

2. Salsa – Michelle Branch and Santana – The Game of Love

- **Step sideways with left foot, step right foot on spot, step left foot back to meet right foot, step right foot on the spot, step left foot on spot. (Counts 1,2,3, AND 4) Repeat to the right side starting with right foot. (Counts 5,6,7, AND 8)**
- **Step left foot to the front, step right foot back, step left foot back to meet right foot, step right foot on the spot, step left foot on spot. (Counts 1,2,3, AND 4) Repeat Forwards starting with Right foot. (Counts 5,6,7, AND 8)**
- **Step left foot diagonally across body, step right on spot, step left foot back to meet right foot, step right foot on the spot, step left foot on spot. (Counts 1,2,3, AND 4)**
- **Step right foot diagonally across body, step left foot on spot, step right foot back to meet left foot, step left foot on the spot, step right foot to right side with toe pointed out. (Counts 5,6,7, AND 8)**
- **Step with left foot and turn body 180 degrees, cross right foot behind left foot, step left foot, right foot, left foot on spot. (1,2,3 AND 4)**
- **Step to the right with right foot, cross left foot behind right foot, step right foot, left foot, right foot on spot. (Count 5,6,7 AND 8)**

***Repeat Dance from beginning going to the left.**

Total Counts for one rotation: 32