

**“EIGHT GREAT LINE DANCES:  
POPULAR LINE DANCES THAT GET YOU MOVING!”  
(NOTE: can be modified for each grade level)  
Presented by: Raquel Cope (Corvallis School District)**



**What is line dance?**

- Line Dance is a dance in which individuals line up without partners and follow a choreographed pattern of steps to music. .
- Line Dancing is no longer just Country Western and it is now one of the most popular recreational activities in the world. Over the years, the choreography and the styling for Line Dancing has evolved to be more sophisticated and modern.
- Dances taught in these classes encompass a wide variety of styles such as **Cha Cha, Rumba, Mambo, Rock, Waltz, Country, Funk, Hip Hop, Swing, and more. . .**

**What are the benefits of line dancing?**

- Toning body shape
- Strengthening muscle memory
- Enhancing memory
- Brain-body coordination
- Body stability, reflexes and balance

**BENEFITS OF DANCE (AS TAUGHT IN CLASS)**

- **It is great exercise**
- **You need little equipment (music and yourself)**
- **You can dance by yourself or with friends and family**

	<b>DANCES</b>	<b>SONG &amp; SONG ARTIST (search through Itunes)</b>
1	Macarena	Various Artists in the Ultimate Party Mix Album
2	Electric Slide	The Hit Crew
3	Stayin' Alive	Bee Gees
4	Casper Cha-cha slide	Casper and the Live Platinum Band
5	Cupid Shuffle	Cupid
6	Slappin' Leather to any country song	“Cotton Eye Joe” by Starsound
7	Hoedown Throwdown	Mylie Cyrus
8	Thriller	Michael Jackson

**MACARENA (adopted from Meg Greiner’s “Dances We Know By Heart”)**

Music: CD *Mouse House, Disney Dance Mixes, #4* Tiki Tiki Tiki Room

Formation: Scattered/Lines

Macarena is a hand and body language dance done to 16 beats of music. Good hip motion is essential to this dance.

1. right hand goes out palm down
2. left hand goes out palm down
3. right palm up
4. left palm up
5. right hand to left shoulder
6. left hand to right shoulder
7. right hand to right back of ear
8. left hand to left back of ear
9. right hand to left hip
10. left hand to right hip
11. right hand to right buns
12. left hand to left buns

13. roll hips with hands on buns

14. with small jump turn 1/4 turn to left, with clap.

CUES: Hand, hand, over, over, shoulder, shoulder, head, head, hip, hip, gluteus, gluteus, hula hoop, hula hoop, jump, turn, clap

1) Repeat pattern for duration of song.

### ELECTRIC SLIDE

Music: CD *Mouse House, Disney Dance Mixes*, **ELECTRIC SLIDE**

Music: Electric Boogie by Marcia Griffiths, Album: Carousel can

Formation: Scattered or lines (4 wall Dance)

Directions: vine to the right -

vine to the left -

Walk backwards - right, left, right, clap

Rock steps - rock forward on left foot and back on right

Brush foot forward and make a 1/4 turn to right - on brush turn 1/4 turn to right go directly into the vine right, repeating the dance to another wall

Cues: Right Step, behind, step clap

Left Step, behind, step clap

Back, back, back, clap

rock , rock , rock , brush, turn

Repeat dance to another wall....**Repeat** (do dance facing all 4 walls)

### STAYIN' ALIVE

- 1) **Grapevine**- go right into the grapevine to the right (step to the right, left foot step behind, then step together), then grapevine to the left
- 2) **Point pocket**-point up to the right and then down to the pocket (2 times), repeat on the left
- 3) **Roll**-roll up to the right and down to the left
- 4) **chicken**-heels go out for 4 counts and elbows go out for 4 counts like a chicken
- 5) **Two in the front & back**-with the right foot tap forward for 2 times and then tap back for 2 times
- 6) **1, 1, 1, Knee up**-tap the right foot forward 1 time, back 1 time, then forward 1 time, then lift the knee up as you do a 1/4 turn to the left, then go right into the grapevine starting again at a. (see above)
- 7) **Repeat** (do dance facing all 4 walls)



### CASPER CHA-CHA SLIDE

Learn the steps below so you'll know what to do the next time you are pulled onto the dance floor. During the song, you will hear Mr. C calling out steps to guide you, so there's really no need to memorize the steps. Simply listen closely to his calls.

**Difficulty:** Easy; **Time Required:** A few minutes to learn the steps, then time to practice to the music.

**Here's How:**

1. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha-Cha\_Step1.htm"}  
(This is a "grapevine" step with a "touch.")  
Step to the side with the left (right) foot, step across left (right) foot with the right (left) foot, step to the side with the left (right) foot, touch the right (left) foot beside the left (right.)
2. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha-Cha\_Step1\_10.htm"}  
(This is simply three steps to the back with a touch.)  
Step back with the left foot, step back with the right foot, step back with the left foot, touch right foot beside left.
3. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_2.htm"}  
(Number of hops will vary.) Hop forward with both feet.
4. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_2.htm"}  
Stomp right (left) foot in front. (Add your own personality with your arms.)
5. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_3.htm"}  
(This step is actually from the Latin dance form, the Cha-Cha. It is simply a "jazz square.") Cross the right foot over the left, step back with the left foot, step to the right with the right foot, left, right /Then do the same with the left foot
6. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_4.htm"}  
(Begin a "grapevine" step with a slight turn.) Make a slight turn to the left, step to the right with the right foot, step across right foot with the left foot, step to the side with the right foot, touch the left foot beside the right.
7. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_5.htm"}  
Clap your hands (fast) to the beat.

8. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_6.htm"}  
Jump both feet out, jump and cross right over left, jump both feet out, jump both feet together.
9. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_7.htm"}  
Step to the left with the left foot, slide right foot to meet the left. "Slide to the right!" Step to the right with the right foot, slide left foot to meet the right.
10. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_7.htm"}  
Do the slide to the opposite side.
11. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_8.htm"} (This is the classic "limbo" step.) Lean back toward the floor, bending down as low as you can go.
12. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_8.htm"}  
Pull yourself back up to a standing position, waving your arms above your head.
13. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_9.htm"}  
With your hands crossing from knee-to-knee, bend your knees and bounce to the beat.
14. {HYPERLINK "http://dance.about.com/od/partydances/ss/Charlie\_Brown.htm"}  
(This is a "running man" step.) Rock forward on right foot while kicking left foot back.
15. {HYPERLINK "http://dance.about.com/od/stepsandmoves/ss/Cha\_Cha\_Slide\_10.htm"} Freeze and strike a pose...with attitude!

### CUPID SHUFFLE

- 1) **Shuffle to the right-** Basically everything is in groups of four. You start in the beginning position of feet shoulder width apart and shuffle to the right four times. To shuffle, from the beginning position step sideways with your right foot to the right then let your left foot follow landing you back in the original position. This is one count.
- 2) **Shuffle to the left-** So shuffle to the right four times, then shuffle to the left four times
- 3) **Kicks-** After this you kick four times. Kick out only about a foot with your right foot first, then bring it back. That's one count. When you go to the next count, switch feet. So first right, then left, then right, then left. When you bring your foot back after kicking it dip slightly for a bounce effect.
- 4) **Walk it on out-** The last part is basically a small walking it out with a quarter turn to the left.
- 5) **REPEAT from a** (do dance facing all 4 walls)



### SLAPPIN' LEATHER (dance steps organized by cues)

1. **4 heels-**start with your feet together. Just the heels go out for 4 times.
2. **2 in front and back-**tap the right heel in the front for 2, then tap the right toe in the back for 2
3. **Star-**right foot taps in the front, to the right side, to the back, then to the right side
4. **Slappin' Leather-**right foot goes in the front of the body, out to the right, to the back then to the right; the left hand taps the foot in front, then the right hand taps the foot to the right, then the left hands taps the foot to the back, then the right hand taps the foot to the right (while doing this turn a ¼ turn to the left as your foot goes to the right on the first time)
5. **grapevine-**go right into the grapevine to the right (step to the right, left foot step behind, then step together), then grapevine to the left
6. **go back-**step back with the right, left, right, then tap left foot in front
7. **Step, stomp-**step forward with the left foot, stomp right when you bring the feet together (repeat 1x)

Then start from the beginning...do this dance facing all 4 walls

### HOEDOWN THROWDOWN (You can also go on-line for the moves.)

WEBSITE FOR DANCE MOVES: {HYPERLINK "http://www.youtube.com/watch?v=hj3OqMzNin4"}

SONG LYRICS	DESCRIPTION OF MOVEMENTS
Pop it, Lock it, Polka-dot-it, Country-fy then Hip-hop it Put your hawk in the sky, Move side to side, Jump to the left, stick it, glide	Left arm out, pop to the right Shuffle to the left Right heel out then left heel out Left leg across body (heel flexed), arms straight out, bend arms, then down at side Arms straight out to the side, bring it in and up & down Move arms to the right then to the left Left leg kicks across body, step with the left, then the right foot heel up across body
Zig zag, Cross the floor, Shuffle in diagonal	Right foot tap in front, then tap to the side, then tap with left hand, shuffle to the right Shuffle back to the left then back to the right diagonally, arms in a box flapping up

<p>When the drum hits, Hands on yo hips, One foot in, 180 twist, And then a, Zig zag, step, slide, Lean in left, Clap 3 times, Shake it out, head to toe, Throw it all together, That's how we roll</p> <p>Do the Hoedown(throwdown) Do the Hoedown(throwdown) Do the Hoedown(throwdown) Throw it all together, That's how we roll</p> <p><b>Source:</b> metrolyrics.com</p>	<p>Right arm drum/left heel out, then left arm drum/right heel out Put your hands on your hips Turn over right shoulder to face to the back, then reverse back hopping on left foot &amp; arms up</p> <p>Right foot tap in front, then tap to the side, take a step to the right, then slide together Lean to the left (move shoulders left, right, left), clap 3 times in a "J" motion Turn over the left shoulder, pointing fingers Right hand up then down across body, step forward with the left foot, tap back with the right foot Step back with the right foot then both arms up</p> <p>We say "Hoedown" and (front row) lift up signs "Throwdown" for audience to yell We say "Hoedown" and (front row) lift up signs "Throwdown" for audience to yell We say "Hoedown" and (front row) lift up signs "Throwdown" for audience to yell Right hand up then down across body, step forward with the left foot, tap back with the right foot Step back with the right foot then both arms up</p>
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**THRILLER (choreographed by Jim Ross of "Jersey Boyz")**

- 1) **Monster Claw**-step with the right foot forward 2 hands as claws to the right, then same to the left (do this slow right, slow left, then fast, right, left, right)
  - 2) **Shimmy and Shake**-step with the right foot forward 2 hands as claws to the right, then same to the left (do this slow right, slow left, then fast, right, left, right)
  - 3) **Swim**-step with the right foot forward 2 hands as claws to the right, then same to the left (do this slow right, slow left, then fast, right, left, right)
  - 4) **Zombie**-step with the right foot forward 2 hands as claws to the right, then same to the left (do this slow right, slow left, then fast, right, left, right)
  - 5) **Deal the cards**-step with the right foot forward 2 hands as claws to the right, then same to the left (do this slow right, slow left, then fast, right, left, right)
- REPEAT from #1 (facing the same wall)**



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