

“5-6-7-8” – Best of STEPS
Dance by SPARK Program Grades 3-6

1. Jump 4X and say “5, 6, 7, 8” (4 counts).
2. Grapevine step R (step R, L behind, R, touch L) then Grapevine step L (step L, R behind, L touch R) (8 counts).
3. Skate slowly by sliding R foot forward, then L foot forward, R foot forward, L foot forward (8 counts).
4. Touch your R thigh with R hand, L thigh with L hand, R glute, L glute, clap 2X, “Raise the Roof” (*push hands from shoulders to sky*) 2X (8 counts).
5. Backward-walk 4 steps, counting, “1, 2, 3, 4” (4 counts).
6. Repeat the whole dance. If you want a four wall dance, turn $\frac{1}{4}$ on jump “5”.

“Line Up!”
“Achy Breaky Heart”
Western Line Dance from “Dance Party Fun” by Kimbo Educational

Making a fist keeping on the hips or you can put your hands in your front pockets.

Count Movement

1. Step Rt foot to right side (or grapevine Rt, 1-4)
2. Step Lt foot next to Rt foot
3. Step Rt foot next to Rt side
4. Touch Lt heel in front of Rt foot
5. Step Lt foot to Lt side (or grapevine L, 5-8)
6. Step Rt foot to Lt foot
7. Step Lt foot to Lt side
8. Touch Rt heel in front of Lt foot

Break

1. Rt heel forward
2. Rt foot in place
3. Lt heel forward
4. Lt foot in place
5. Jump both feet apart bending (as if riding a horse)
6. Jump feet together and at the same time make a $\frac{1}{4}$ turn to the left
7. Jump both feet apart bending (as if riding a horse)
8. Jump feet together and at the same time make a $\frac{1}{4}$ turn to the left. You are now facing the opposite side of the room.

Repeat the whole dance

Any Turkey Can Tango

By Lee Campbell-Towell
CD – “Any Turkey Can Tango”

SEASON: Fall, Thanksgiving. For many families, turkey is the main course in their Thanksgiving day meal. This is a time together and be reminded of all we have to be grateful for.

EQUIPMENT: Your whole body

MUSICAL OBJECTIVE: Study of the minor scale. Study of the Tango style.

MOTOR SKILL EXPLORED: Directional movement left and right, body percussion (stomp, clap, snap), basic tango steps.

WHAT WE DO:

Any turkey can tango,	tango left, 2, 3, 4, 1, 2, clap, clap, clap
Any turkey can dance,	tango right, 2, 3, 4, 1, 2, clap, clap, clap
Any turkey can tango,	tango left, 2, 3, 4, 1, 2, clap, clap, clap
If they had the chance.	Tango right 2, 3, 4, 1, 2, clap, clap, clap

Any turkey can tap, tap, tap,	flap wings and tap foot 3 times
Any turkey can clap, clap, clap,	flap wings and clap hands 3 times
Any turkey can snap, snap, snap,	flap wings and snap fingers 3 times
Any turkey can tango.	Flap wings and strike a tango pose

Any turkey can turn around,	flap wings and turn around
Any turkey can touch the ground,	flap wings and touch the ground
Any turkey can strut through town,	flap wings and strike a tango pose

Any turkey can tango.	Flap wings and strike a tango pose
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*Tango –put one arm across the chest, the other arm is straight out from the body and leads left or right. May also be done with a partner, cheek to cheek.

**Tango pose –get ready to tango

WHAT CAN BE LEARNED: All of us are able to move and sing if we are given opportunities to explore these activities. Even though each of us may have our own style of singing and moving and our own level of achievement, we are all capable of trying and succeeding.

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 then 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.

Choreographed by Susan Flynn & Michael Streby – JMU Summer Institute 2007

Boogie Oogie Slide

Christy Sluyter, Annie Lindsay

CD – “All 4 Kids” (UNLV Cooperative Extension)

**Begin with 8 counts of heels in front
starting with right foot**

Boogie Oogie to the left (grape vine left)

Boogie Oogie to the right (grape vine right)

Turn around and shake shake shake (shake to the
ground)

And jump with all your might

Boogie Oogie to the right (grape vine right)

Boogie Oogie to the floor (shake to the ground)

Turn around and jump back up

Let's do it just once more

(Repeat)

Cha Cha Slide
Mr. C's Cha Cha Slide
Live Platinum Band

Right foot stomp (4 Counts)
Left foot stomp (4 Counts)
Cha, cha with your right (4 Counts)
Cha, cha with your left (4 Counts)
Turn to the right (4 Counts)
Move to the left (4 Counts)
Back it up (4 Counts)
And Jump (4 Counts)

Cupid Shuffle

Step and slide right (4 Counts)
Step and slide left (4 Counts)
Alternating front kicks right, left, right, left
March for 3 counts turn left on beat 4 (double time)
March for 4 counts to the new wall (double time)
Repeat from top to new wall

Come On In
By Lee Romano, aka Captain Music
CD – “I Like to Wiggle”

(The words will tell you what to do! On wiggle the students should be sitting down and wiggle their hands and feet)

Chorus:

Come on in, sit right down,
Wear a smile not a frown.
If you're coming here today.
We will sing some songs and play.
Wiggle!

Please stand up. Touch your nose.
Now bend down and touch your toes.
If you're coming here today.
We will sing some songs and play.

(chorus)

Stand back up. You and me.
Put your hand down on your knee.
If you're coming here today.
We will sing some songs and play.

(chorus)

Get back up. Have no fear.
Touch your finger to your ear.
If you're coming here today.
We will sing some songs and play.

(chorus)

Jump right up. Wink your eye.
Take your hands and touch the sky
If you're coming here today.
We will sing some songs and play.

(chorus)

Please stand up. Brush your hair.
Wiggle your fingers in the air.
If you're coming here today.
We will sing some songs and play.

(chorus)

Stand back up. Don't be a bore.
Take your foot and stomp the floor
If you're coming here today.
We will sing some songs and play.

(chorus)

Please stand up. There's no harm.
Now you can all swing your arms.
If you're coming here today.
We will sing some songs and play.

(chorus)

Please stand up. You know you can.
Now we can all clap our hands.
If you're coming here today.
We will sing some songs and play.

(chorus)

Stand back up. Wear a grin.
Take your hands and make a fin.
Fins to the left! Fins to the right! Left!
Right! Left! Right! Left! Right!
Oh no! It's a bunch of sharks!

Let's get on your surfboard.
Let's get on your surfboard.
Let's get on your surfboard.
I'll show you how.

You put your left foot out in front.
You put your right foot back.
Put your arms out side to side.
Now wiggle your hips – let's get away from the shark attack.

Let's get on your surfboard.
Let's get on your surfboard.
Let's get on your surfboard.
Let's get on your surfboard.

(chorus)

THE BOUNCER

(Music: Hey, Look Me Over)

SIDE 1, BAND 5

PERCEPTUAL-MOTOR VALUES:

Aural-motor coordination	Body image
Laterality	Movement sequencing
Balance	Locomotor coordination

FORMATION:

Informal, scattered

MOVEMENTS:

There are six basic movement elements included in the sequence:

1. Slapping and clapping
2. Marching
3. Jumping in place
4. Scissor jumps
5. Hopping
6. Running in place

DIRECTIONS:

Measures 1-6	Slap knees once, slaps stomach area once, and clap twice overhead. Do this sequence 6 times.
Measures 7-8	March in place 8 times (LR,LR,LRLR).
Measures 9-10	Jump in place 8 times (like a bouncing ball) with hands placed on hips.
Measures 11-12	Scissor jumps – 8xs
Measures 13-14	Hop 4 times on LF and 4 times on RF.
Measure 15	Hop 2 times on LF and 2 times on RF.
Measure 16	March 4 counts in place (LRLR).
Repeat entire sequence.	

VARIATIONS:

1. In measures 1-6, snap fingers instead of clapping hands.
2. Use partners in the first sequence (meas. 1-8).

Examples: Slap knees once

Clap right hands

Clap left hands

Clap both hands with partner

3. Let children create their own movement pattern in the second sequence (meas. 9-16), e.g., bouncing and jumping in their own individual style.

The Rigga Ding Dong Song
Passion Fruit

Source: Dr. Gary E. Sanders

Reach up to the right with both arms, then diagonally down to the left, 2x's (up, down, up, down)

Reach up to the left with both arms, then diagonally down to the right, 2x's (up, down, up, down)

Wax on with right hand, 4x's; repeat with left hand (circle each hand across the midline)

Slap thighs 2x's

Clap hands 2x's

Walk forward 3 steps

¼ jump turn left and clap

Start over

Hey Baby

Music: Crazy Frogs CD #2

Choreographed by Susan Flynn & Michael Streby; JMU Summer Institute 2007

Formation: Line

Counts 1-4 shake hands up – up to right 2 x's then left 2x's

Counts 5-8 shake hands down –to right 2 x's then left 2x's

Cts 9-10 Clap 2 x's

Cts 11-12 (2 cts) jump forward – say oooh

Cts 13-4 (2 cts) jump backward – say aaah

Cts 15-16 Clap 2 x's

17-20 right grapevine

21-24 left grapevine

25-28 2 criss cross jumps

29-32 march in place

The Thriller Dance (Michael Jackson – short version)

(Start when the singing begins)

Part 1: Monster Claws

Step to the Right while creating monster claws (2 counts)

Step to the Left while creating monster claws (2 counts)

Repeat monster claws **fast** R, L, R, L one count each for a total of 4 counts

Part 2: Slide, Shimmy, and Clap

Step and slide to the Right while shimmying, end with a clap (4 counts)

Step and slide to the Left while shimmying, end with a clap (4 counts)

Part 3: Hunchback

Step forward with Right foot and drag Left foot (2 counts)

Repeat 3 more times alternating feet (R, L, R, L)

Part 4: Monster Claws Stomping Back

Stomp backward with Right foot while making monster claws to the right (2 counts)

Stomp backward with Left foot while making monster claws to the left (2 counts)

Repeat stomping backward and monster claws **fast** R, L, R, L one count each for a total of 4 counts

Part 5: Mummy Walk

Arms out like a mummy and walk in a circle taking one step each count (4 counts)

Repeat steps 1-5

WHERE ARE YOU?

OLD GAME: Hide-and-seek; Head, shoulders, knees, toes...

EQUIPMENT: Your whole body.

MUSICAL OBJECTIVE: Tempo and tempo changes. Call/Response form.

MOTOR SKILLS EXPLORED: Body parts – head, shoulders, knees, toes, legs, waist, chin, nose; and freezing.

WHAT DO WE DO THAT'S NEW:

Introduction	“hide”
Where are you? Here I am!	Pat your knees on “you,” clap on “bet”
Are you ready? You bet!	2 thumps up
GIVE YOURSELF A HAND!	Put out one hand, and clap on rest
(Repeat above)	
Head, shoulders, knees, toes Legs, waist, chin, nose Head, shoulders, knees, toes Legs, waist, chin, nose And you freeze!	Follow the instructions

(Note that the tempo changes each of the 4 times this song is repeated. See markings at beginning of song.)

WHAT CAN BE LEARNED: The call/response form of learning is ancient and very effective. Major scale intervals can be studied. Body parts are learned in sequence. The tempo keeps going faster and then slower.

WHERE DO WE GO FROM HERE: Sing and play the Head-Shoulders-knees-toes game. Sing and play the French folksong, “Alouette.” In both of these games, explore tempo changes.