

Dances Through the Decades

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Resources

Physical Education Lesson Plan Websites

www.pecentral.com

<http://reach.ucf.edu/~pezone/>

Dance Websites

www.pecentral.com

Aerobics/Fitness Websites

www.turnstep.com

Country Dancing Websites

<http://members.aol.com/pbrown4715/dance01.htm>

www.country-time.com/archives/ld/e/arch_e.htm

www.linedancefun.com

www.geocities.com/nashville/1241/links.htm

Other Links

<http://sapphireswan.com/dance/>

http://scarecrow.caps.ou.edu/~hneeman/dance_hotlist.html

www.cwdancing.com/1v2dance.htm

Music Downloads

www.pcdon.com/page90.html

www.angelfire.com/in/aglmus/sounds.html

Other Resources

www.4anything.com/4/0,1001,20043,00.html

Celebrate the Century
U.S. Postal Service
P.O. Box 44342
Washington, D.C. 20078-0026

Setting the Scene

Bulletin Board in Classroom:

1. Pictures, Photos of people and events from that era.
2. Vinyls (Records), Album Covers.
3. Era Numbers (i.e. 1950, 1980).
4. Pictures, drawings, cut-outs, etc. from that Era.
*Make these out of construction paper or on the computer, clip art).

Costumes:

1. Wear the clothing from the Era you will be teaching that day.
2. It works better if only the teacher dresses in that Era's attire.
 - 1950's: poodle skirts, rolled up jeans, letterman's jackets, scarves in hair, "Keds", saddle shoes.
 - 1960's: psychedelic colors, tie-dye anything, sandals, headbands.
 - 1970's: Go-Go boots, surfin' attire, suede mini-skirts, flip-flops, anything polyester.
 - 1980's: any T-Shirt or sweatshirt inside out with the collars and wrist ribbings cut-off, combat boots with dresses and skirts, oversized jewelry, "The Preppy" look, men wore loafers with polo shirts and sweaters.
 - 1990's: jeans with holes anywhere, crop tops, mini-mini skirts and shorts, Hawaiian shirts, labels.
 - 2000's: your guess is as good as mine!!

Props:

1. Bunny Hop: bunny ears.
2. The Twist: grass skirts, leis.
3. The Hustle: disco ball necklaces, colorful bandanas.
4. YMCA: hats for police officer, construction worker, fireman, sailor, cowboy.
5. Michael Jackson: one glove, black hat.
6. Electric Slide: cowboy hats.
7. Conga: maracas.

Music:

1. CDs work better since you will need to replay the song repeatedly.
2. Music selections are listed with each dance.
3. Sound system should match your music selection, and the volume should "fill the room".
4. Microphone or head-set for the instructor, not necessary, but nice if you have access.

Facility (Large Area):

1. Smooth, flat, inside surface is best.
2. Carpeted inside is 2nd best.
3. Outside blacktop, sidewalk works too.
4. Rainy Days-push the desks to the sides of the classroom, and create your own dance floor.
5. If you have a stage it will assist with vision concerns.

Team Teaching:

1. One Teacher demonstrates and actually teaches each dance.
2. 2nd teacher "covers the Floor". This teacher walks through the students, checking for understanding, ensuring participation, handles and disciplinary issues.

Organizing the Lesson Plan (s)

The information below pertains to the Era you are teaching for that lesson.

- A. Discuss Rules and Expectations.
- B. Discuss History.
- C. Put students in formation: lines, groups, squads, etc.

*****Your students should participate in a cardiovascular warm-up PRIOR to any exercise. Stretch AFTER you warm-up ONLY!***

- D. Breakdown each dance, step-by-step, and build on to the previous step WITHOUT the music.
- E. Once all steps are taught, add the music.
- F. Repeat dance with music as many times as possible.
- G. Review one dance from the previous Era (for the "warm-up).
- H. Allow students to wear props, i.e. *Village People*: construction worker, police officer; *Electric Slide*: cowboy hats; *Twist*: grass skirts).

Follow the *Components of a Model Physical Education Lesson* while writing your own lesson plans.

Tips for Teachers

1. Know the difference between *performing arts dance* vs. *social dance*.
2. Motivate or discipline.
3. Play music that students can relate to.
4. When working with diverse ability levels, work with the lower level.
5. Teach easy *rhythm dances* to elementary level:
 - a. *Chicken Dance, Limbo, Hand Jive.*
6. Progress to easy *line* and *partner dances* and *multicultural folk dances*.
7. Teach *line dances* to middle school level at the beginning.
 - a. *Electric Slide, Bus Stop, New Electric Slide.*
8. Progress to *partner dances*.
7. Teach *partner dances* to high school and adult level.
 - a. *Swing, Salsa, Cha-Cha, Merengue.*
9. Progress to easy *line* and *partner dances* and *multicultural folk dances*.
10. Do a review of all the *party dances* at the end of the session.

Teaching Rhythm from A to Z

1. Locomotor moves:
 - a. Begin by having students walk across the floor in lines with each line walking across the floor every 8 counts.
 - b. Use current music or disco music at about 120 BPM.
 - c. Teach basic rhythm by having students walk on the beat.
 - d. Repeat walk focusing on chest lifted and eyes looking straight ahead.
 - e. Walk backwards on the beat.
 - e. Walk forward for 4 counts, then backwards for 4 counts turning sharply on every four counts.
 - g. Turn all the way around every 4 counts.
 - h. Turn the opposite direction every 4 counts.
 - i. Turn again focusing on power of shoulders on turn and looking with eyes.
 - j. Have students perform a continuous grapevine on the beat facing right.
 - k. Repeat facing L.
 - l. Perform the grapevine twice as fast focusing on being "light" on the feet.
 - m. Walk forward for 4 counts, 1/4 turn L and grapevine for 4 counts.
 - n. Repeat other side.
 - o. Walk forward for 4, then perform a triple step in 2 counts of music, and triple step with the other foot in 2 counts of music (shuffle or skip).
 - p. Repeat going backwards.
 - q. Change the music to a waltz and walk across floor with a 1-2-3 rhythm.
 - r. Waltz backwards (focus on 6 counts instead of 8 counts).
 - s. Polka forward.
 - t. Polka backward.
 - u. Two step forward (quick, quick, slow, slow).
 - v. Two step backward.
 - w. Change to big band swing music and walk quick-quick, slow-slow at a faster pace.
 - x. Repeat backwards.
 - y. Walk forward R, L, cha-cha-cha (2 steps then a triple step).
 - z. Cha-cha-cha backwards.
2. Start practicing movements across the floor in increments of the line dance you are about to teach.
3. Slowly add the movements on.
4. Then everyone gets out of lines and faces the front of the class and learns the line dance.

Crowd Participation Dances

- *Hokey Pokey
- *Chicken Dance
- *Electric Slide
- *Cha Cha Slide
- *Macarena
- *Mambo #5
- *Dollar Dance
- *Hava Naguila Hora
- *Twist
- *Shout
- *Y.M.C.A.
- *Conga Line
- *The Train
- *Limbo
- *Hands Up
- *Soul Train Dance
- *The Stroll
- *Elimination Dance
- *Musical Chairs
- *Spin The Bottle
- *Hula Hoop Contest
- *Boot Scootin' Boogie
- *Bunny Hop
- *Mexican Hat Dance
- *Hand Jive
- *Tequila (Pee Wee Herman Dance)
- *Freeze Play
- *Bus Stop Slide

1950's

History

- More people started getting telephones, however if they did have one, most were on a party line.
- The computers were the size of one entire room-HUGE!
- Soda Fountains were a big hang-out for teens.
- Drive-in theaters were very popular.
- Clothing included: saddle shoes, poodle skirts, letterman's jackets, and leather for the rebels.
- The Highway system was put in place across America.
- The first Televisions were entering the average American's homes. They mainly watched test patterns. However, the "I Love Lucy" show was one of the first shows.
- Space exploration begun.
- Air Travel, commercial flights, for the general population/society became available but was very expensive.
- Polo, a very horrible disease, killed many people.
- The Hula-Hoop was invented and extremely popular. Physical Educators used these in classes.
- Roger Bannister broke the 4 minute mile barrier.
- "Little Mo" youngest woman to win the U.S. Open; 1st to win the Grand Slam.
- Sugar Ray, 5 time Middle Weight Champion.
- Johnny Unitas still hold the record for the most touchdown passes in consecutive games, 47 games.
- Rocky Maricano was a great boxer.
- Dr. Seuss published "The Cat in the Hat".
- The Korean War started.
- Dr. Martin Luther King, Jr. helped pass the Civil Rights Act of 1964.
- The end of World War II.
- Babyboomer generation began.
- There were big advances in technology, science, and medicine.
Science: satellites sent up into orbit; sent a monkey into space; Russians sent a person into space-"Spunknik".
Medicine: polo vaccination was developed.
- Auto Industry made transition: steel, chrome, artistic, detailed vehicles; American Made a priority.
- Housing Program: every family in America should own a home.
- Rock-n-Roll was "invented".
 - Bill Haley & the Comets
 - Buddy Holy & the Crickets
 - The Beatles
 - Little Richie
 - Chuck Barry
 - Big "Band Stand"**Elvis Prestley:** Parents and adults did not like Elvis; they thought his dancing was inappropriate; he was ban from T.V. and radio stations; when he did get to be on TV, they only showed him from the chest up.

Dances

- Hand Jive
- The Swing
- Bunny Hop
- The Stroll
- The Hokey-Pokey

Dance Steps & Music

Hand Jive:

Music: 1. *Born to Hand Jive* by Sha na na
2. *Willie & the Hand Jive* by Johnny Otis Show
3. *Grease Lightning* by John Travolta

Steps:

1. Slap both hands on thighs 2x's
2. Clap hands together 2x's
3. Cross right hand over left hand 2x's
4. Cross left hand over right hand 2x's
5. Tap right fist on top of left fist 2x's
6. Tap left fist on top of right fist 2x's
7. Throw right thumb over right shoulder, like a hitch hiker 2x's
8. Throw left thumb over left shoulder, like a hitch hiker 2x's

Bunny Hop:

Music: 1. *The Bunny Hop* by Ray Anthony

Steps:

(Groups of three or more people line-up, one behind the other, holding the person's shoulders in front of them; moving around the room).

1. Kick right leg out to the side, tapping the right heel to the floor; bring the right foot back and repeat. This movement is done twice (2x).
2. Kick left leg out to the side, tapping the left heel to the floor; bring the left foot back and repeat. This movement is done twice (2x).
3. Jump, with two feet, forward once (1x); jump, with two feet, back once (1x).
4. Jump, with two feet, forward three times (3x)-1-2-3.
5. Repeat from the beginning.

Hokey-Pokey:

Music: 1. *The Hokey-Pokey* by Kid's Dance Party.
2. *Hokey Pokey* by Kids Fun
3. *Hokey Pokey* by Kids Dance & Play
4. *Hokey Pokey* by Classic Party Music

Steps:

(The song gives directions in which to follow)

1. Put your right hand in, put your right hand out, put your right hand in, and shake it all about.
2. Do the Hokey-Pokey and turn yourself around; do a self-circle, with hands in the air above your head, wiggling your fingers.
3. Clap hands together twice (2x).

1960's

History

- Viet Nam War and protesting against the war
- Civil Rights-Peace Movement
- Martin Luther King, Jr. "I have a dream", 1963/1968 was shot at 39 years old.
- Hippies, and the peace sign.
- Long, stringy, straggly hair.
- Clothing styles changed drastically: Go-Go Boots, and dancers.
- 1961-Home run record was held by Roger Maris, as depicted in the movie *61*.
- Star Trek, the TV series, became popular. They had the first multiethnic cast; considered a "break through series."
- Detroit was named "Motor City" due to the massive automobiles produced there.
- Detroit was also named "MOTOWN" due to the record company residing there.
- J.F. Kennedy was shot in 1963.
- Big Fad: beach scene, surfers.
- Barbie Doll originated by Mattel.
- KYA radio, in San Francisco, put on a concert at the *Cow Palace*. 20,000 fans attended this concert. This started the "nontouching partner" dances.
- American Bandstand and Dick Clark introduced the "nontouching partner" dances on TV.
The two dances that became popular after *The Twist* by Chubby Checkers became popular were: 1. *The Peppermint Twist*; and 2. *The Locomotion*. (These stemmed from *The Twist*).
- **Music & Musicians:**
Woodstock
The Beatles, "The British Invasion".
The Supremes.
The Beach Boys.
Marvin Gay.
The Temptations.
The Jackson-5
Stevie Wonder.
Annette Funichello
Chubby Checkers and *The Twist*, was a one-time single hit.

Dances

- The Twist
- The Jerk
- The Monkey
- The Swim
- The Pony

Dance Steps & Music

The Twist:

- Music:
1. *The Twist* by Chubby Checkers
 4. *Surfin U.S.A.* by The Beach Boys
 5. *Twist and Shout* by The Beatles
 6. *The Twist* by Classic Party Music
 7. *Let's Twist Again* by Kids Dance & Play
 8. *Peppermint Twist* by Kids Dance & Play
 9. *Twist and Shout* by Kid's Dance Party
 10. *Twistin' the Night Away* by Kid's Dance Party

Steps:

1. Place your right foot slightly in front of your left leg.
2. Right foot is on the ball of the foot, when twisting, it should look like you are "squishing a bug". 8 counts.
3. Left foot is on the ball of the foot, when twisting, it should look like you are "squishing a bug". 8 counts.
4. Twist arms and legs in place.
5. Twist down to the floor and then back up.
6. Twist to the right, 4 counts; twist to the left, 4 counts-sliding across the floor.
7. Add in *The Jerk*, *The Pony*, *The Monkey*, *The Swim* to *The Twist*.

The Jerk:

Steps:

1. Uses *The Pony* steps for the foot/leg movements.
2. Place hands in fists.
3. Arms move up and down, in front of your body, slowly, 16 counts.

The Pony:

Steps:

1. Both feet are side-by-side; on balls of feet; hop on the right foot, straightening the right leg, while bending the left knee; then bounce to the left side, and repeat the steps on the left side.

The Monkey:

Steps:

1. The feet are the same as they are for *The Pony*.
2. The fists and arms are the same as *The Jerk*.
3. The motion: continue arms and legs as stated above, while turning to the right side, then turning back to the middle, and then turning to the left side, and then turning back to the middle.

The Swim:

Steps:

1. Act as if you were swimming in a pool, using the front crawl stroke, back stroke, and breast stroke.
2. Continue using *The Pony* foot/leg steps.
3. Front Crawl: make an oval with your hands leading your arms, from your shoulder, out in front of you (parallel to the floor), back to armpits; right and left hands/arms are moving opposite one another.
4. Back Stroke: begin with hand/arm in front of you, pointing to the floor; leading with the back of your hand, raise your hand and arm above your head; pull your hand down to the top of your shoulder; drop your elbow to your waist; and then press palm of hand down to starting position. Right and Left hands/arms are moving opposite one another.
5. Breast Stroke: start by holding both elbows out to the side, at shoulder level, with finger tips touching one another; press arms out in front of you so the back of your hands are touching; then pull hands/arms back keeping your arms straight; bring hands in to your armpits; then begin again.
6. At the end of the song:
Both feet/legs are close together; pinch nose with one hand while the other is straight up, over your head; wiggle arm/hand while twisting down to the floor.

1970's

History

- The saying “Have a nice day” started.
- The “Happy Face” became popular along with the “Smiley Face”.
- 1976 was Our Nation’s 200th Birthday-1776 was the signing of the Declaration of Independence”.
- NOW: National Organization of Women; 1972 Equal Rights Amendment passed.
- VCR’s are introduced with Beta and VHS cassette types.
- 8 Track tapes used in automobiles and home tape decks.
- Long playing albums and records, currently called *Vinyl*.
- Watergate: a political fiasco involving Richard Nixon. He resigned from office over this incident. It was based on putting listening devices in the hotel of the Democratic Party’s meeting rooms.
- Jogging was a huge craze, for exercising.
- CB’s (Citizen Band Radios) and Short Wave Radios are a way to communicate through satellites without paying a fee.
- 1970 was the beginning of Monday Night Football. Howard Cosell, Alex Caris, Don Meredith, and Frank Griffin were the announcers.
- Earth Day Celebration began in April 1970.
- The Gas Shortage in 1973: the oil embargo from Arab countries; halted production; rationing of gas by the Lottery System, license plates ending on an odd # can buy gas on an odd # calendar date, and visa-versa; gas prices went from \$0.35 to \$0.50 per gallon.
- Popular TV shows were: *Sesame Street* (Nov. 1969-1970) and won the Top Rated Children’s Program Award; *All in the Family* (on TV); *A Chorus Line* (on Broadway); *Roots* (a TV miniseries); *Godfather I* (movie); *Star Wars* (movie) comes out in 1975.
- **Music & Musicians:**
Casual Country Rock started in San Diego and Southern CA.
The Eagles-most sold music of any one group.
Doby Brothers
The Hustle
YMCA
Disco Fever

Dances

- The Hustle
- YMCA

Dance Steps & Music

The Hustle:

Music: 1. *The Hustle* by Van McCoy.

2. *Stayin' Alive* by The Bee Gees.
3. *Disco Inferno* by the Trammps.

Steps:

Part 1:

1. Walking backwards: step right, left, right, then left toe-tap with hand clap.
2. Walking forwards: step left, right, left, then right toe-tap with hand clap.
3. Repeat step #1.
4. Repeat step #2.
5. Traveling turn, to the right side: lead with right foot, 3 counts, then on the 4th count left toe-tap with hand clap.
6. Traveling turn, to the left side: lead with left foot, 3 counts, then on the 4th count right toe-tap with hand clap.
7. Step-touch, Step-touch (step to the right side, left toe-touch with hand clap; step to the left side, right toe-touch with hand clap).

Part 2: Do these steps with no pause or hesitation.

8. Two (2) heel clicks (Rise on toes, then hit the inside of your heels together in a row twice).
9. Double front right toe-touch.
10. Double back right toe-touch.
11. Single front right toe-touch.
12. Single back right toe-touch.
13. Single side right toe-touch, then immediately pivot on left foot making a $\frac{1}{4}$ turn to the left side AND at the same time, raising the right knee.
14. Begin the dance again from this direction. *There should not be a pause between the $\frac{1}{4}$ turn and starting the dance again.
15. Continue repeating all steps until facing the front of the room again, or until the music selection has halted.

Partner Hustle

1. Boys walk backwards, starting on right foot.
2. Girls walk forwards, starting on left foot.
3. Boys walk forwards.
4. Girls walk backward.
5. Repeat steps 1-4.
6. Boys hold their right hand up; girls place their left hand in the palm of the boy's hand; then do a 3 point self turn.
7. CLAP
8. Boys hold their left hand up; girls place their right hand in the palm of the boy's hand; then do a 3 point self turn.
9. CLAP
10. Boys step right; girls step left---STEP, TOUCH with a CLAP; STEP, TOUCH with a CLAP. (They should be moving together, in the same direction).
11. Two heel clicks.
12. Boys: right foot: front tap, tap; back tap, tap; front tap, back tap; side tap; PIVOT $\frac{1}{4}$ turn LEFT with knee up.
13. Girls: left foot: back tap, tap; front tap, tap; back tap, front tap; side tap; PIVOT $\frac{1}{4}$ turn RIGHT with knee up.
14. Boys and Girls hold pinkies; walk forwards (4x); walk backwards (4x); Walk forwards (4x); walk backwards (4x).
15. Traveling turn, to the right side; lead with the right foot, 3 counts, then on the 4th count left toe-tap with hand clap.
16. Traveling turn, to the left side; lead with the left foot, 3 counts, then on the 4th count right toe-tap with hand clap.
17. Step right, touch with clap; step left, touch with clap.
18. Right foot: front tap, tap; back tap, tap; front tap, back tap; side tap.
19. Girls: PIVOT $\frac{1}{4}$ turn LEFT with knee up; IMMEDIATELY WALK FORWARDS.
20. Boys: PIVOT $\frac{1}{4}$ turn RIGHT with knee up; IMMEDIATELY WALK BACKWARDS.
21. Repeat the dance from the beginning.

The YMCA:

- Music:
1. YMCA by The Village People
 2. YMCA by Classic Party Music
 3. YMCA by Kid's Dance Party

Steps:

Part 1:

4. March in place, 8 counts.
5. March forward, right, left, right, and on the left step clap hands.
6. March back, left, right, left, and on the right step clap hands.
7. Repeat # 2.
8. Repeat # 3.
9. Traveling turn, to the right side: lead with right foot, 3 counts, then on the 4th count left toe-tap with hand clap.
10. Traveling turn, to the left side: lead with left foot, 3 counts, then on the 4th count right toe-tap with hand clap.
11. Repeat # 6: Traveling turn, to the right side: lead with right foot, 3 counts, then on the 4th count left toe-tap with hand clap.
12. Repeat # 7: Traveling turn, to the left side: lead with left foot, 3 counts, then on the 4th count right toe-tap with hand clap.
13. Disco Fever pointing, 8 counts, like John Travolta in Saturday Night Fever.
14. Roll hands around each other, 3 count; on 4th count right toe-touch to side.
15. Roll hands around each other, 3 count; on 4th count left toe-touch to side.

Part 2: During the Chorus

16. "YMCA"; arms form each letter, every time "YMCA" sung.
 - Y: arms are above head at 45 degree angles, elbows straight, palms facing in towards one another.
 - M: arms above head, elbows bent so finger tips can touch the top of your head, back of hands touching one another.
 - C: right arm waist height, with a bend in the elbow, palm facing up, wrist slightly bent up.
left arm from shoulder to elbow, straight over head; elbow to wrist bent over the top of your head to the right side; wrist slightly bent down, with palm facing down.
 - A: both arms straight above, angled in so your finger tips are touching, palms facing one another.
17. Skate: pivoting feet to right side while throwing thumbs out to the side; pivoting feet to left side while throwing thumbs out to the side.
18. Leg kicks: kick legs/feet across body, one at a time, (criss-crossing legs).

**Then begin the entire dance over again.

1980's

History

- “The Wall”, a memorial in memory of the individuals who died in the Viet Nam Conflict, was constructed.
- 1989, the Berlin Wall came tumbling down. (The wall that separated the East from the West).
- 16” mm movies; movie projectors.
- Cabbage Patch Doll with a Birth Certificate was the most popular doll.
- Mini-vans became America’s family car.
- 1st Video game=“Pong” by Atari.
- Video games introduced: Pac-Man, Ms. Pac-Man.
- The 49ers were “the Team of the Century”.
- The hip-hop culture started on the streets of New York; major influence during this decade.
- 1982 Drew Barrymore starred as a 4 year old in “E.T.”
- New slang: “Def”=cool; “Chillin”=relaxing; “My Crew”=friends, or a group of friends.
- “New Wave” Era.
- Frozen Yogurt became all the rage.

- **Music & Musicians:**
 - Boy George
 - Pee-Wee Herman
 - Michael Jackson
 - Diana Ross
 - Run DMC-1st rap group commercially produced.
 - Cindy Lauper
 - Madonna
 - M.C. Hammer
 - The Go-Go’s

Dances

- The Electric Slide
- Break Dancing-the Worm
- The Conga Line
- The Limbo
- The Moonwalk
- The Cabbage Patch
- The Snake
- The Robot
- Hammer time Slide (with the hammer kick)

Dance Steps & Music

The Electric Slide:

Music: 1. *Electric Slide* by Kid's Dance Party
2. *Electric Slide* by Classic Party Music

Steps:

1. Grapevine right, on 4th count, left toe-touch with hand clap.
2. Grapevine left, on 4th count, right toe-touch with hand clap.
3. Walk backwards right, left, right, left toe-touch with hand clap.
4. Rock forward, left foot slightly in front of the right foot (staggered); shift weight onto your left foot, bending slightly forward; right toe-touch.
5. Rock back, keep foot position the same as # 8; shift weight back onto your right foot, leaning slightly backwards; left toe-touch.
6. Step, brush & turn: pick-up your left foot, and turn it slightly to the left; right leg is fairly straight, with the right foot sliding just above the floor as you kick it around to the right; ¼ turn to the left.
7. Immediately begin the grapevine to start the dance over.

*Insert these two steps after step # 3 and before step # 4, for participants which need a little slower pace.

4. Walk forwards left, right, left, right toe-touch with hand clap.
5. Walk backwards right, left, right, left toe-touch with hand clap.

The Conga Line:

Music: 1. *Conga* by Miami Sound Machine
2. *Hot, Hot, Hot* by Buster Poindexter & his Banshees of Blue
3. *La Bamba* by Los Lobos

Steps:

1. Form a line with at least 3 others, holding the person's shoulders or waist in front of you.
2. While moving forwards, right foot step-touch (or heel-touch) to the right side.
3. While moving forwards, left foot step-touch (or heel-touch) to the left side.
4. While moving forwards, right foot kicks out to the right side and hand clap.
5. While walking forward and toe-touching, hands are in front of your body, turning around themselves.
6. Repeat # 2, 3, 4, & 5.
7. The *Conga Line* continues weaving around the room until the music stops.

The Limbo:

Music: 1. *Limbo Rock* by Chubby Checkers
2. *The Lion Sleeps Tonight* by Abilene Music, Inc.

Steps:

1. Two (2) people should be holding some type of "pole" or "bar". Using a "noodle" for swimming or a PVC Piping both work well
2. The bar should start out fairly high so everyone can go under it fairly easily. Shoulder or head height is a good place to start. Lower the bar after each round is completed. (A round is when everyone has taken their turn and the first person who was first in line is in the front of the line again).
3. Participants form a single-file line in front of the Limbo Bar.
4. One person at a time: go under the bar, bending backwards, with a chin-lift, as necessary.
5. When any part of your body touches the ground, besides your feet, you are eliminated from participating in the next round.
6. Continue lowering the bar as long as there are participants left to go under it.

***The Conga Line* can be used to lead into *The Limbo*, and to continue moving around the room until it is your turn to go under *The Limbo Stick*.

Other Dances:

- *Cabbage Patch*: giant arms, like stirring a big pot of stew; circle arms around, moving only your shoulders; keep body and wrist from moving.
- *Driving a Car*: arms up; lean to the side in a forward angle, like looking out a window; keep body loose. Do not move feet, just the body at the waist.
- *Hammer time kick*: kick one foot then the other, right, left, right, right; should be fast; repeat beginning with the other side first.
- *Hammer time slide*: moving side to side with feet going fast and arms moving like a snake from left finger tips across shoulders to right finger tips; repeat in opposite direction.
- *Modified Charleston*: right foot; right foot in front of the left foot (on the ball); pull left foot behind the right leg; switch left foot in front of the right foot (on the ball); pull right foot behind the left leg; switch from side to side; movement is fast; repeat.
- *Moonwalk* (by Michael Jackson): start with your feet staggered, on the ball of your left foot and your right foot is flat on the floor; slide right foot backwards on the floor; pop right foot up onto the ball of the foot; drop your left foot flat on the floor; as the left foot goes down the right foot pops up, simultaneous; Repeat on this side; continue sliding across the floor backwards.
- *Popping*: ribs forward, back, and repeat fast. Pick knees up.
- *Robot*: arms up and stagger; pivot body; switch arms; bend at waist;; turn head to face forward (or out); turn head back to look at floor; stand up; undo pivot so you are facing forward; drop arms to your sides or leave them in front of you.
- *Running Man/Roger Rabbit*: right knee up; slide the left leg back; switch so left knee is up and right foot is on the floor; slide right foot back; pace is fast; while doing the feet and knees the arms should be bend with fists close to face; pull arms down on the slide back; push arms up on the knee switch; repeat.
- *Snake*: arms like *Driving a Car* but tilt head to one shoulder; drop shoulder towards the floor; continue movement as if you were going under something, one body part at a time; repeat going in opposite direction.

1990's

History

- The Gulf War/Desert Storm.
- John F. Kennedy Jr. was killed in a plane crash along with his wife and sister-in-law.
- Princess Diana was killed in a car accident.
- Hurricane Andrew wrecked havoc on the city of Miami.
- Mark McGuire broke the Home Run Record with 70 Home Runs.
- Mother Teresa died of old age.
- Dr. Kevorkian was found guilty, assisted suicides.
- O.J. Simpson's controversial court case regarding the murder of his ex-wife.
- L.A. riots over the outcome of the Rodney King case against the L.A. police who allegedly beat him.
- TWA Flight 800 exploded, killing 230 people.
- WACO standoff with the FBI.
- Mass suicide in San Diego, Heaven's Gate.
- Oklahoma City Federal Building bombed.
- Unabomber-the mail bomber.
- World Trade Center Bombing.
- 1996 Olympics, bombed.
- Columbine High School Shooting.
- Tonya Harding-Nancy Kerrigan, Olympic Ice Skaters.
- Chicago Bulls considered the basketball team of the decade.
- Americans with Disabilities Act made huge strides.
- U.S. Women's World Cup Soccer, and the Gold Medal.
- U.S. Women's Softball team, Gold Medal.
- Generation X: the "reality bites" generation; apathy, grunge; "me-ism"; "personal tabu"; "yuppie wannabe's".
- Tattoos became popular for all ages.
- Extreme Sports.
- Cell phone became common along with personal technology.
- Exercise and fitness: Tae Bo and alternative medicine were hip.
- The age of the "infomercial".
- American's turn to the SUV's to transport their families.
- T.V.: Friends; Seinfeld; The Real World; The Rosie O'Donnell Show; Talk Shows.
- Movies: Toy Story I & II; Titanic; Forrest Gump; Lion King.
- Very Retro Culture-vintage everything, clothes, shoes, etc.
- Starbucks, Cafés, coffee houses...all the rage.
- Date Drugs come into play: Ecstasy.
- **Music & Musicians:**
 - Funky
 - Rap; ganstarap
 - R & B
 - Soul
 - Limp Bizkit: Rap-Rock, meet in the middle
 - Hip-Hop
 - Indie Rock
 - Nirvana
 - Pearl Jam

Dances

- *The Macarena*
- *The Mamba*
- *Salsa*
- *Slappin' Leather*
- *Barn Dance Mixer*
- *The New Electric Slide*
- *The Chicken Dance*

Dance Steps & Music

The Macarena:

Music: 1. *Macarena* by Kid's Dance Party
2. *Macarena* by Los Del Rio

Steps: (4 wall line dance, 16 count)

1. Place R arm out in front palm down.
2. Place L arm out in front palm down.
3. Turn R hand palm up.
4. Turn L hand palm up.
5. Place R hand to left shoulder.
6. Place L hand to right shoulder.
7. Place R hand behind head.
8. Place L hand behind head.
9. Place R hand to L hip.
10. Place L hand to R hip.
11. Place R hand to R lower back (or bottom).
12. Place L hand to L lower back (or bottom).
13. Leave hands on back (or bottom) and wiggle, sway, or circle hips 3x.
14. Both feet and legs together, jump in the air and twist body making a $\frac{1}{4}$ turn to the left.
15. Begin Again.

The Mambo:

Music: 1. *The Mamba* by Sound Track from *Dirty Dancing*

Steps: No. 5

1. (Chorus) Tap R forward, tap L forward, tap R forward, tap L forward/ step L and move hips L and R 4 times/ monkey arms R,L,R,L/ meringue R,L 4 times while $\frac{1}{2}$ turn R/.
2. (Verse) Hands up/slap thighs/hip roll R/ roll head L and R halfway/hands up/slap thighs/step L tap R next to L/step R, tap L next to R/step L forward/step R next to L/step L to L/ tap R next to L/ step R and clap hands over L shoulder, clap hands twice over R shoulder/ snap fingers L and snap fingers R/.
3. (Instrumental) Either create your own dance or do the swing combination below.

Slappin' Leather:

Music: 1.

Steps:

1. Heels R - L - R - L.
2. Point R foot R - L - R - L.
3. Heel fwd 2 - Heel back 2.
4. Heel fwd 1 - Heel back 1.
5. Slap L foot in back - Slap R foot in back.
6. Slap L foot in front - Slap R foot in front.
7. 1/4 turn L.
8. Grapevine R - Grapevine L.
9. Walk Back 4 - Walk front 4.

Barn Dance Mixer:

Music: 1. Country music
2. Funky music
3. Big Band
4. Techno music

Steps:

1. Facing partner: Step together Step 4 X's
2. Step knee up (hitch) 4 X's
3. Walk 4 steps away from each other, then towards each other
4. (slap 5)
5. Repeat - Change partners.

New Electric Slide:

Music:

1. Latin
2. Techno
3. Big Band

Steps:

1. R side in slide R together.
2. Repeat on L.
3. R fwd 2.
4. R back 2.
5. R fwd 1.
6. R back 1.
7. R front.
8. Quarter turn R.
9. 2 box steps.
10. Jump and clap.

Salsa:

Music:

1. Latin
2. Techno

Steps: (Usually the man starts forward with L and lady starts back with R).

1. Step L forward R in place
2. Step L back together/ step R back
3. L in place, step R forward together.

*This basic step can be performed side or crossing in front.

The Chicken Dance:

Music:

1. *The Chicken Dance (Dance Little Birdie)* by The Emeralds.

Steps: (Place students in a scattered formation around the room, in a large circle, or standing in a circle facing each other).

1. Hold your hands in a "bye-bye" position, and pretend they are your beaks.
2. "Chirp" your fingers four times (4 counts).
(#1 & #2: hold your hands out in front of you and open and close them like a chicken beak four times).
3. With your arms in "wing position" (hands tucked in armpits), flap your wings 4 times (4 counts).
(#3: Put your thumbs in your armpits and flap your wings four times).
4. "Wiggle your tail feathers" down to the floor 4 times (4 counts).
(#4: Place your arms and hands like the tail feathers of a chicken and wiggle down to the floor four times).
5. Clap your hands 4 times (4 counts).
(#5: Clap four times).
6. Repeat all of the movements above three more times, to complete the chorus.
(#6: Repeat steps 1-5 four times).

*Perform the above movements each time you hear the chorus.

7. During the verses of the song, have the children move through the general space creatively, or as you direct.
8. This is a good time to practice and/or assess locomotor movements (e.g. skip, hop, jump, leap) and movement concepts (e.g. levels, direction, pathways) that you have previously taught.
9. Alternative: After the fourth time take the hands of the people on either side of you and everyone move in a circle. When you get dizzy, switch directions. Repeat until the end of the music or until you fall on the floor.

2000's

History

- Terrorists attack the United States (911).
- The War on Iraq.
- Speed Skating records broken at the Winter Olympics.
- Canadian-Russian share the Gold Medal in Pair Skating after huge controversy and judge bribing.
- Movies: Legally Blind; Spiderman; Star Wars II; Charlie's Angels; Shrek;
- T.V. shows: Raymond; Ally McBeal; Boston Common; Friends; Law and Order.
- WNBA had its first season (1999-2000 season).
- Barry Bonds broke home run record, hitting 76 home runs.
- Women's Professional Soccer League.
- U.S. Women's Softball takes the Gold Medal again.
- Hawaiian Islands suffer massive volcanic eruption on the Main Island.

- **Music & Musicians:**
Brittney Spears
Back Street Boys
NSYNC
Destiny's Child
Pink
3LW
O-Town
Little Bow-Wow

Dances

- Funk Dancing
- The Swing
- Dirty Dancing-The New Version
- Ice Cream & Cake
- Casper Slide (Cha Cha Slide)

Dance Steps & Music

Ice Cream and Cake

“Ice Cream and Cake, Cake, Cake”

While standing still, facing the front:

Brush hands in front of abdominals.

Brush hands on sides of hips.

Repeat 4x each.

“Ice Cream and Cake, Cake, Cake”

Music picks up tempo at this point.

¼-Turn to the right.

Begin doing a “pony” with feet (this is a bouncy kind of twist).

Brush hands in front of abdominals.

Brush hands on sides of hips.

Repeat 4x each, with each new sequence, do a ¼-turn.

“Slip, Slip, Slip, and Slide”

Slip: twist feet from side to side or rock hips from side to side.

Slide: take one (1) long step, keeping your foot either on the floor or close to the floor, so you slide to the right.

Repeat Slip and Slide to the left.

*This is sometimes called the “Washing Machine”.

“Stop”

Place hand out in front of you, arm outstretched, hand up, as if stopping traffic.

Place other hand on opposite hip.

“Riding the Tag Team”

One (1) hand in on top of the steering wheel, as if driving a car one-handed.

Other hand remains on the opposite hip.

Rock hips back and forth; no feet movement.

“Pause”

Repeat the “Stop” movements.

Next part of song, freeze in various poses.

Song repeats.

Casper Slide or Cha-Cha Real Smooth

"TO THE LEFT NOW": GRAPEVINE LEFT WITH TOUCH

1,2 Step LEFT to left side; Cross RIGHT behind Left
3,4 Step LEFT to left side; Touch RIGHT beside Left

"TAKE IT BACK NOW": STROLL BACK WITH TOUCH

1,2 Step back RIGHT; Step back LEFT
3,4 Step back RIGHT; Touch LEFT beside Right
(Option: try mashed potato steps back, or a rolling turn back)

"ONE HOP THIS TIME": HOP FORWARD

1 Hop forward on Right, hitching LEFT
(Option: if you don't like to hop you can scoot forward on both feet. The number of hops Casper will ask you to do will vary throughout the song)

"RIGHT FOOT LET'S STOMP": RIGHT STOMP FORWARD

1 With weight on Left stomp RIGHT forward
(Option: you can spread your arms to add attitude with each stomp)

"LEFT FOOT LET'S STOMP": LEFT STOMP FORWARD

1 With weight on Right stomp LEFT forward
(Option: you can spread your arms to add attitude with each stomp. The number of stomps Casper will ask you to do will vary)

"NOW CHA-CHA": JAZZ BOX (WITH ATTITUDE)

1,2 Cross RIGHT over Left; Step back LEFT
3,4 Step RIGHT to right side; Step forward LEFT
(Option: you can do mambo rocks, or anything else you feel fits. Casper will ask you twice or more so keep listening)

"TURN IT OUT" OR "LET'S GO TO WORK": $\frac{3}{4}$ TURN LEFT INTO GRAPEVINE RIGHT WITH TOUCH

1 Make $\frac{3}{4}$ turn left stepping RIGHT to right side
2-4 Cross LEFT behind Right; Step RIGHT to right side; Touch LEFT beside Right

"CLAP": HAND CLAPS

1-16 Clap your hands in time with the music
(Option: some people like walk around while doing their claps)

"KRIS KROSS": JUMP APART, JUMP & CROSS

1,2 Jump feet apart; Jump feet together crossing RIGHT over Left

"SLIDE TO THE LEFT": LEFT SLIDE

1,2 Step LEFT to left side; Slide RIGHT to touch beside Left
(In part of the track Casper will ask you to "reverse" the slide steps)

"SLIDE TO THE RIGHT": RIGHT SLIDE

1,2 Step RIGHT to right side; Slide LEFT to touch beside Right
(In part of the track Casper will ask you to "reverse" the slide steps)

"HOW LOW CAN YOU GO": LIMBO/TWIST DOWN

1-16 Limbo/twist down (make sure you can get up again)

"BRING IT TO THE TOP": STAND UP WAVING ARMS

1-16 Rise arms up waving to the beat

"HANDS ON YOUR KNEES": KNEE KNOCKS

1-8 Knock knees together, criss crossing hands on knees

"CHARLIE BROWN": CHARLIE BROWN

"Jazz Jump" (2 footed jump). In the Cha-cha Slide, the jumps can be forward and back, or from LEFT to RIGHT while nodding your head, or turning your head from side to side

"FREEZE": STRIKE A POSE

1 Strike a pose and freeze

Presidential Waltz

Stand Side-by-side; interlocking arms; while waiting for the music cue.

The girl steps around and faces the boy.

Girl places one (1) hand on the boy's shoulder and the other rests in the boy's hand.

Boy places one (1) hand on the girl's waist and the other holds the girl's hand.

Box-step, 2x

¼-Turn

Box-step, 2x

¼-Turn

Marching in place

Grapevine: girl turns so she is facing backwards, and steps backwards; boy steps forwards.

Box-step, 2x

¼-Turn

Box-step, 2x

¼-Turn

Shadow-Twinkle: 3 steps and then the girl turns 4x.

Repeat from the first Box-Step.

Ending: "Over-Under"; hold hands; girl curtseys; boy bows.

Generic Funk Routine:

Music: 1. Any Hip-Hop or Funk Music.

Steps:

1. Step stomp four times.
2. Step behind "Backstreet Back" four times.
3. Step R to R, step L next to R, step R to R, step L next to R.
4. Step L to L, step R next to L, step L to L, step R next to L.
5. "Stop and go" twice.
6. Stomp forward R, L, R, L.
7. Paddle turn.
8. Wave to the R, wave to the L.
9. "Clown walk" R, then L.
10. Jump out, cross R over L, 1/2 turn, face back and clap hands.
11. Repeat so end up facing front.
12. Walk forward R, walk forward L.
13. Lunge point R, lunge point L, circle arms and clap under leg.

The Swing:

Music: (Slow to Fast)

1. *Tuxedo Junction* by Glen Miller.
2. *In The Mood* by Glen Miller.
3. *Zoot Suit Riot* by Cherry Poppin Daddys.
4. *The Walkin Blues* by Royal Crown Revue.

Steps:

1. 8 Count Swing.
2. 2 Basics (side, side, back, forward).
3. 2 Around the World, Rockers go under, Rockers return.
4. 1 Around the World, Rollers go under.
5. Behind the Back Pass.
6. Handshake & Improv.

East Coast Swing:

Music: 1. See *The Swing*.

Steps:

1. 6 counts= Slow, Slow, Quick Quick (side, side, back, forward).
2. Same as above only different rhythm.