

## From Your Seat

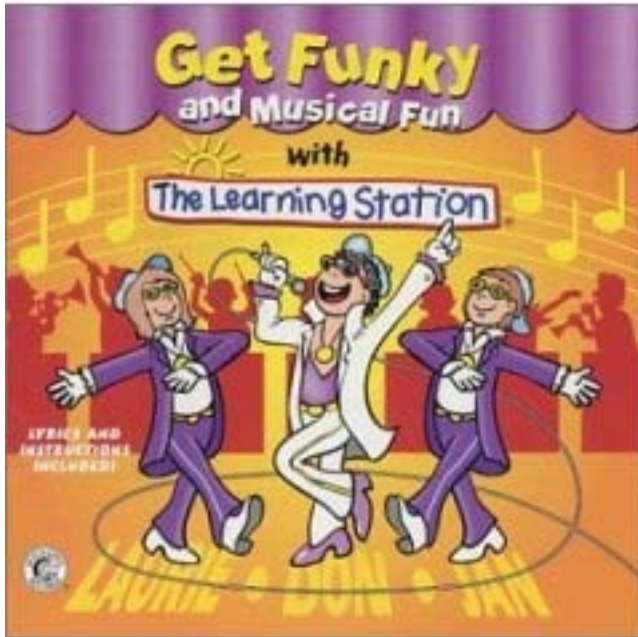
Music: Get Funky and Musical Fun by The Learning Station  
Scattered position sitting L shape (with legs straight out in front)

Directions:

On bottom

1. Walk (scoot) 8 counts forward
2. Walk (scoot) 8 counts back
3. Repeat 1 & 2
4. clap hands listen to music (while in place)
5. Nod head twice (while sitting in place)
6. Shoulder roll twice (while sitting in place)
7. 4 counts to the side (scoot on bottom)
8. 4 counts to the other side (scoot on bottom)
9. Start at beginning

each segment has something new for instruction 4....clap knees, snap fingers, tap toes, etc



## **Jingle Bell Dance**

Position: Scattered in partners

Music: "Jingle Bells" by Crazy Frog

Part One; On the Jingle Bell Chorus section – jingle bells, jingle bells, jingle all the way the hand pattern is:

Jingle bells – 3 thigh pats

Jingle bells - 3 self hand claps

Jingle all the – 4 hand pats with partner

Way – hands on thighs

Oh what fun it...elbow turn, repeat for chorus

Part Two: Dashing through the snow partners face each other and slide together around the room. Fancy sliding can involve a turning slide which entails facing front to front and then turning and facing back to back and continue sliding. (8 counts each)

## **RAKES OF MALLOW**

**Music:** "Rakes of Mallow" from Phyllis Weikart's  
"Rhythmically Moving Album 2"

THERE ARE 6 PARTS TO THIS DANCE. THERE ARE NO WORDS ON THE SONG. THE TEACHER CALLS OUT THE DIRECTIONS AS THE MUSIC PLAYS.

YOU'LL NEED AN EVEN NUMBER OF COUPLES FOR THE DANCE  
14 OR 16 COUPLES WORKS, NOT 15 COUPLES

LINE UP WITH YOUR PARTNER ACROSS FROM YOU. I USE THE DISTANCE OF THE WIDTH OF THE BASKETBALL KEY FOR THE TWO LINES. THE GROUP WILL PROBABLY STRETCH AS FAR AS THE HALF COURT LINE (SEE DIAGRAM BELOW)

X	X	X	X	X	X	X	X	X	X	X	X
(GIRLS)											
1'S	2'S	1'S	2'S	1'S	2'S	1'S	2'S	1'S	2'S	1'S	2'S
X	X	X	X	X	X	X	X	X	X	X	X
(BOY'S LINE)											

ONCE YOU GET A PARTNER, THEN NUMBERS MUST BE ASSIGNED TO EACH TWOSOME. THE COUPLES NEED TO COUNT OFF: 1, 2, 1, 2, ETC. THE STEPS TO THE DANCE ARE AS FOLLOWS:

### **PART 1**

(FWD)1,2,3, HOP (4 COUNTS)  
(BACKW)1,2,3, HOP (4 COUNTS)  
(FWD)1,2,3, HOP (4 COUNTS)  
(BACKW)1,2,3, HOP (4 COUNTS)

### **PART 2** (PART 2 IS CALLED "**WHIRLPOOLS**")

BREAK INTO GROUPS OF 4 (1'S AND 2'S COME TOGETHER)  
WALK IN 2, 3, 4(STACK RIGHT HANDS ON COUNT 4)  
WALK IN A CW DIRECTION AROUND IN A CIRCLE FOR 4 COUNTS  
*REVERSE* (KEEPING R HANDS STACKED) WALK BACKWARD 1,2,3,4  
WALK BACKWARD OUT TO YOUR HOME SPOT 1,2,3,4

### **PART 3**

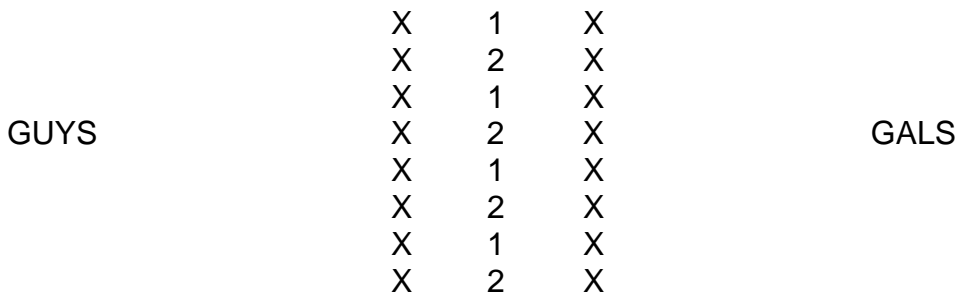
REPEAT PART 1 AND PART 2  
IN,2,3,HOP  
OUT,2,3,HOP  
IN,2,3,HOP  
OUT,2,3,HOP

THEN, "WHIRLPOOL"  
(IN,2,3,4,STACK AND WALK2,3,4,REVERSE,2,3,4,OUT,2,3,4)

**PART 4** (PART 4 IS CALLED "**WAVES OUT TO SEA**")

EVERYONE TURNS TO FACE THE LEAD COUPLE AT THE HEAD OF THE LINE (#1)

THE MEN'S LINE FOLLOWS THEIR LEADER AND WALKS FORWARD. THE WOMEN'S LINE STANDS AND WAITS FOR THEIR PARTNER TO COME AND GRAB THEIR HAND. THE LEAD BOY TAKES A RIGHT TURN , AND WALKS PAST THE GIRLS LINE, THEN A RIGHT TURN AGAIN AND GRABS THE HAND OF THEIR PARTNER AND KEEPS WALKING. EACH BOY GRABS THE HAND OF THEIR PARTNER AS THEY WALK BY. KEEP FOLLOWING THE LEAD COUPLE. THE LEADERS TAKE THE LINE DOWN TO THE BOTTOM OF THE SET, THEN A RIGHT TURN AND RIGHT UP THE MIDDLE LINE OF THE GYM TO YOUR HOME SPOTS, BUT DON'T DROP HANDS. **STAY SIDE BY SIDE!**



**PART 5** (PART 5 IS CALLED "**WHITECAPS**")

ALL OF THE 1'S DROP HANDS, TURN AROUND AND FACE THEIR #2 COUPLES, THEN REJOIN HANDS. 1'S GO OVER FIRST, 2'S GO UNDER FIRST, THEN 2'S OVER AND 1'S UNDER, ETC. CONTINUE DOING THIS UNTIL YOU HAVE GONE ALL OF THE WAY DOWN THE LINE AND GET TO THE END OF THE LINE. DROP HANDS AND QUICKLY TURN AROUND AND REJOIN HANDS, AND THEN COME ALL OF THE WAY BACK DOWN THE LINE TO THE OTHER END. DROP HANDS AND TURN AROUND AND WORK YOUR WAY BACK TO YOUR HOME SPOT. THE "OVER, UNDER ACTION" CONTINUES THROUGH THIS WHOLE PROCESS. NEVER LOSE TRACK OF WHICH MOVE TO DO NEXT; OVER OR UNDER! (HINT: WHEN DOING AN "OVER" MOVE, GET AWAY FROM YOUR PARTNER SLIGHTLY...THEN WHEN DOING THE "UNDER" MOVE, GET IN CLOSE NEXT TO YOUR PARTNER.)

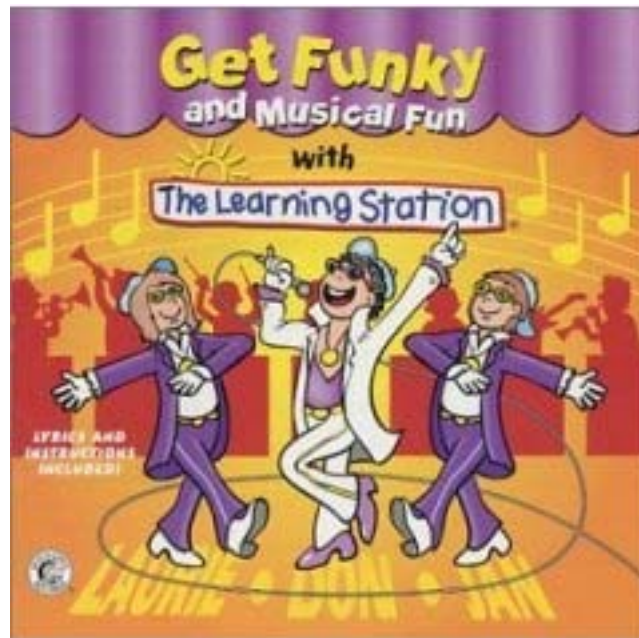
**PART 6** REPEAT THE ENTIRE DANCE ONE MORE TIME.

## Tarzan Dance

Music: Get Funky and Musical Fun by The Learning Station  
Scattered Position

Directions:

1. Walk 4 steps forward (arms are climbing a rope) 4 counts
2. Walk 4 steps back (arms are climbing a rope) 4 counts
3. Swing arms to the right 2 counts
4. Swing arms to the left 2 counts
5. Turn 360 and touch the ground 4 counts
6. Swing arms back and forward (while standing up) 2 counts
7. Point thumbs to chest, tap right heel to ground (Tarzan says "I'm hungry") 2 counts
8. Point thumbs to chest, tap left heel to ground (Jane says "me too") 2 counts
9. Swing arms back and forward (Monkey says "eat eat") 2 counts
10. Swing arms side to side while bending down (They all sat to eat the food) 4 counts
11. Place hands to mouth (chomp, chomp) 2 counts
12. Rub tummy (mmmm good) 2 counts
13. Repeat 11 & 12 three times
14. Start over



## TENNESSEE WIG WALK- a mixer

Formation: double circle

leaders: inside circle facing CCW

followers: outside circle facing CW

partners facing each other, right hands flat against each other

### Dance Directions:

Every dancer starts with their left foot

point toe **FRONT**

point toe to the **SIDE**

step left foot **BEHIND**, step right foot to the **SIDE**, step left foot **TOGETHER** to right foot

Left hands now flat against each other, dancers have changed sides

Right foot

point toe **FRONT**

point toe to the **SIDE**

step right foot **BEHIND**, step left foot to the **SIDE**, step right foot **TOGETHER** to left foot

**JOG, 2, 3, 4, 5, 6, 7, 8.** (Jog around each other in a circle with right hands flat against each other for 8 counts (I have modified this portion of the dance. It should be “step, step, step, brush toe, step, step, step, brush toe.” I just wanted to keep it simple for my students.)

**WALK FORWARD 2, 3, 4** Inner circle moves forward for 4 walking steps in a CCW direction, as the outer circle moves forward in a CW direction (you will arrive at your new partner and put right hands flat together, ready to repeat the dance.)

Feel free to e-mail me with questions

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