

CCEPE TEAM Time 2009
Play and Dance List
By Meg Greiner

Warm-up Song:

Zip-A-Dee-Doo-Dah from Disney Mania 2, performed by Stevie Brock

Dances:

The Mack Chicken Dance (The Chicken Dance/Itsy Bitsy Spider/Head Shoulders Knees and toes) from Greg & Steve Big Fun CD

Limbo Rock

Music: CD Limbo Rock, Rhythmically Moving #2, Phyllis Weikert; or Limbo Rock, Christy Lane's Complete Party Dance; or Limbo Rock (Reggae Pop Mix) Chubby C & OD Limbo Rock Remixes Plus Original Master Dance

Formation: Scattered/Lines and then some partners to make Limbo Bars

Starting with you right foot:

Right Side step, touch back, and jog jog jog

Left side step, touch back, and jog jog jog

Right Side step, touch back, and jog jog jog

Left side step, touch back, and jog jog jog

Right 8 shuffle steps (moving to the right, move heels then toes then heels etc.)

Left 8 shuffle steps

Jump forward clap

Jump back clap

Jump forward clap

Jump back clap

Repeat from beginning then add in some limbo bars for people to go under (partners holding hands making the limbo bar) How low can you go???

Hukilau

Music: Christy Lane, Multicultural Folk Dance--Vol. 1

<http://www.huladancehq.com/hula-dance-1.html>

Short Explanation of "Vamp"

When you "vamp", you step to your right on the balls of your feet, first with the right, then bringing the left over. This is repeated and may alternate to the left at some point, depending on the dance. The arms and hands face in the direction of the steps with the hands performing "waves".

Steps:

Verse 1:

Oh we're going - Step forward lightly, hands on hips

To a Hukilau - Vamp right, holding hands out in front, and mimicking pulling on a fish net.

huki, huki, huki, huki, Hukilau - Vamp right four steps, repeatedly pulling on a fish net

Everybody - Sway your hips widely, holding arms out to the sides in a semi-circle, indicating "everybody"

Loves - Still swaying, cross arms in front of chest, symbolizing love.

a Hukilau - Vamp right again, holding hands out in front, pulling on the fish net

Where the Laulau - Sway hips to the left, cupping hands with palms facing up

is the Kaukau - Sway hips to the right, bringing fingers to the mouth to signify eating

at the big Luau - Sway hips to the left, and bring hands to the mouth while smiling

We throw our nets out into the sea - Raise both arms up over the head and "throw" the net out to the front of you

and all the ama amas come swimming - Put your right hand on your left hand, keeping palms down. Wiggle your thumbs and move hands outward right then left to signify a swimming fish.

To me - Bring hands in, pointing to yourself

Oh we're going - Step forward lightly, hands on hips

to a Hukilau - Vamp to the right, pulling on the fish net

huki, huki, huki, huki, hukilau - Vamp four steps to the right, pulling on the fish net with each step

Verse 2:

What a beautiful day - Sway to the right and to the left, raising arms out and up in a circle overhead to make a "sun"

for fishing the old Hawaiian way - Sway to the right and to the left, raising your right arm as if you are getting ready to throw a spear

and the Hukilau nets are swishing - Sway to the right and to the left, elbows bent at sides; sway your hands gracefully from side to side. Keep your palms forward, facing the audience

Down in old Laie Bay - Circle arms in front of you to signify a bay

Repeat from the first verse

Pau (end) - Put your right foot forward with toes pointing, bring your arms forward over your toes with your hands together. Bow your head and bend at the waist.

LILLO AND STITCH DANCE

Music: Hawaiian Roller Coaster Ride (Lilo and Stitch Island Favorites Soundtrack - Disney) Developed by Oregon State University MS Physical Education Teacher Education Students, Graduating Class of 2003

R step together, step together (1, 2, 3, 4)

2 cabbage patch (circle arms and hips while standing still) (1, 2, 3, 4)

L step together, step together (1, 2, 3, 4)

2 cabbage patch (circle arms and hips while standing still) (1, 2, 3, 4)
Walk back, 2, 3, 4
Raise the roof (hands pressing up) two to right and two to the left (1, 2, 3, 4)
Walk forward, 2, 3, 4
Raise the roof (hands pressing up) two to right and two to the left (1, 2, 3, 4)
Hip 2, 3, 4
jump jump jump 1/4 jump turn ccw
repeat from beginning

THE YMCA

Music: The YMCA by the Village People available on “Jock Jams Volume I” or
“Pure Disco” from PolyGram International Music
Formation: scattered position or lines

Cues:

Intro: March (in place) 2,3,4,5,6,.....56
Verse: RStep, close, step, close, step, close, step, close
LStep, close, step, close, step, close, step, close
Heel, heel, heel, heel (alternating heel touches)
R Hand Stop
L Hand Stop
Turn R Hand In
Turn LHand In
R Arm Down
L Arm Down

Chorus: Pat , Pat (legs)
Clap, Clap, Clap (hands)
Roll arms.....
Spell Y M C A with arms
Roll arms
Spell Y M C A with arms
Roll arms
Your choice movement for 8 (2/2) counts
Spell Y M C A with arms
Roll arms
Spell Y M C A with arms
Roll arms
Your choice movement for 8 counts

Repeat all above verse and chorus

Last time through (3rd time) repeat chorus over and over until song is finished. Have students sing and spell YMCA with their hands..