

**CCEPE TEAM Time and Friday Night Dances**  
**Presented by Meg Greiner**  
**2006 Disney Outstanding Educational Specialist Teacher of the Year**  
**2005 NASPE National Elementary Physical Education Teacher of the Year**  
**National Board Certified Teacher**  
[greiner@aol.com](mailto:greiner@aol.com)  
[www.ccepe.net](http://www.ccepe.net)

<b>Dance Rules:</b>	Do Your Best If you are facing the wrong way, turn around <b>ACCEPT ALL</b> for partners Have Fun!
---------------------	---

<b>Teaching Tips:</b>	Don't emphasize rights and lefts Partners can be anyone, don't demand boys and girls Keep instructions short and sweet Have students say and do cues
-----------------------	---

Content Standards:

- 1) Demonstrates competency in motor skill and movement patterns needed to perform a variety of physical activities.
- 5) Exhibits responsible personal and social behavior that respects self and physical activity settings.

**Reminder:** *“Too much talking makes them blue more of them and less of you!”*

**DANCES:**

**Warm-Up:** I Gotta Feeling, Black Eyed Peas, The E.N.D.

**Cool-down:** *La Compasita* – Tango,  
*Somewhere Over the Rainbow/Wonderful World*, Israel "IZ"  
Kamakawiwo'ole, Facing Future CD

(NOTE: some music for this presentation available at [www.itunes.com](http://www.itunes.com) search for TEAM Time imix and TEAM Time Cooldown )

\*\*\*\*\*

**Willie and the Hand Jive**

Music: Willie And The Hand Jive, “Shake a Tailfeather”, Taj Mahal/Eric Bibb/Linda Tillery Scattered Formation

Hand pattern to repeat over and over again.

- Thigh, Thigh
- Clap, Clap
- Cross, Cross (right over left)
- Cross, Cross (left over right)
- Hammer, Hammer (right on left)
- Hammer, Hammer (left on right)
- Hitch Hiker, Hitch Hiker (over right shoulder)

Hitch Hiker, Hitch Hiker (over left shoulder)

variation: instead of hitch hiker pretend you are catching a bug and then smashing it with your other hand in a big clap. Catch,2,3, Smash

---

**AGADOU - Australia**

Music: Agadou - Black Lace (there is a french and an english version)

FLAIR (fla 107)

Position: Scattered or lines

Agadoo - do -do - jab index fingers forward 3 times

Push Pineapple - pushing movement forward with hands

Shake the tree - Clasp hands together swing over left shoulder and right

Agadoo - do -do - jab index fingers forward 3 times

Push Pineapple - pushing movement forward with hands

Grind Coffee - make circles with hands over each other roly poly movement

To the left - point left arm in air or step to left side

To the right - point right arm in air or step to right side

Jump Up - both arms in the air and jump

And to the knees - bring arms down to knees

Cross over - hands at knees

Shoop during versus two to right and two to left!

Repeat

---

**ELECTRIC SLIDE**

Music: Electric Boogie by Marcia Griffiths, Album: Carousel

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....

---

**Limbo Rock**

**Music:** 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???

-----

**HANDS-UP PARTY DANCE (Club Med Dance)**

**Music:** Hands Up! (give Me Your Heart) by Ottawan

**Formation:** Scattered one wall dance

**Chorus:** Hands up Hands up - raise hands in the air and lower them with words

Give me your heart - point with both hands together at someone and circle both arms/ hands around to your heart, repeat.

All your love - reach across your body with one arm and point while bringing your arm all away across your body back to the other side, repeat with other hand the other direction on follow up (all of your love)

On rest of song just do a step together step with a clap, right and then left to the beat of the music. Follow the words to the song and you'll be fine!!!! Have fun with it!

-----

**PATA PATA (South Africa) (modified)**

**Introduction:** 16 beats

**Formation:** Individual, circle, or lines

**Music:** Weikart Rhythmically Moving #6 or *Pata Pata (Spanglish version)*, El General, Move It Up cd

**Part I R TOUCH, CLAP, L TOUCH, CLAP**

**TOES, HEELS, HEELS, TOES**

**R UP, AND OVER, UP, AND DOWN**

**L BRUSH, TURN 1/4 CCW**

Beats

- 1 Touch R sideward right (arms sideward with snap)
- 2 Step R next to L (clap)
- 3 Touch L sideward left (arms sideward and snap)
- 4 Step L next to R (clap) and transfer weight to both feet
- 5 Turn toes out (raise arms, elbows in)
- 6 Turn heels out (lower arms, elbows out)
- 7 Turn heels in (arms as in beat 5)
- 8 Turn toes in (arms as in beat 6)
- 9 Raise R knee in front of body
- 10 Touch R sideward right
- 11 Raise R knee
- 12 Step R next to L
- 13 Brush left foot and turn 1/4 turn ccw and repeat dance

\*\*\*\*\*

### **CELEBRATION LINE DANCE** (learned from John Bennet)

Music: "Celebration" by Kool and the Gang CD: Pure Disco Vol. #1

Formation: Scattered or lines (4 wall dance)

- Cues: Point 2 (right arm palm down point 2xs to R)  
Point 2 (left arm palm down point 2xs to L)  
Over 2 (right arm palm up point 2xs to R)  
Over 2 (left arm palm up point 2xs to L)  
Hitchhike 2 (right thumb point 2xs over R shoulder)  
Hitchhike 2 (left thumb point 2xs over L shoulder)  
Roll Down  
Roll up  
Cross 2 (R hand point to L knee 2xs)  
Cross 2 (Lhand point to R knee 2xs)  
Thigh (R hand slap L thigh 1x)  
Thigh (L hand slap R thigh 1x)  
Hip (R hand slap R hip 1x)  
Hip (L hand slap L hip 1x)  
Jump in place 3xs  
Jump 1/4 turn to right and repeat dance

---

### **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

---

### **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

---

**PATTY CAKE POLKA:**

Music: *Patty Cake Polka* , Wagon Wheels  
*U Can't Touch This*, MC Hammer, Shark Tale Club CD  
Formation: Partners scattered or Double circle dance

Cues: Moving in scattered position or in double circle line of direction counter clockwise

CCW Heel Toe, Heel Toe, slide slide slide  
CW Heel Toe, Heel Toe, slide slide slide  
Clap Right, Clap Left, Clap Both, Clap Down  
Elbow Turn  
Mixer: and move to your left right now and repeat with new partner

Variation: Do this same dance to McHammer "Can't Touch This". Break it down = Free Dance

\*\*\*\*\*

**COTTON EYED JOE**

Music: Cotton Eyed Joe Remix - the Rednex  
Scattered or in groups

Stomp kick, back, back, back  
Stomp kick, back, back, back  
Stomp kick, back, back, back  
Stomp kick, back, back, back  
8 two steps forward  
repeat one million times!

\*\*\*\*\*

**INSIDE OUT MIXER**

Music: The Locomotion performed by Kylie Minogue  
Formation: 3 in a line-join hands

Cues: walk (forward) 2, 3, 4, 5, 6, 7, 8  
circle, 2, 3, 4, 5, 6, 7, 8  
inside out (arch), 2, 3, 4, 5, 6, 7, 8  
circle (inside out), 2, 3, 4, 5, 6, 7, 8  
break (into a line) 2, 3, 4, 5, 6, 7, 8  
change (center person moves to next group) 2, 3, 4, 5, 6, 7, 8  
Repeat from beginning.....

\*\*\*\*\*

**IRISH STEW**

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

Formation: Small groups in circles about 4 or 5 people, may hold hands or not

Intro: Wait 8 cts.

Cues: Circle (sliding) 2, 3, 4, 5, 6, 7, .....16

Circle (sliding the other way) 2, 3, 4, 5, 6, 7, .....16

Jump, Jump, clap, clap

Jump, Jump, Clap, Clap

In (walk into center of circle) 2, 3, 4

Out (walk back out) 2, 3, 4

Repeat

\*\*\*\*\*

*Dance like no one is watching,  
Love like you'll never be hurt,  
Sing like no one is listening,  
Live like it's heaven on earth."*  
*- William Purkey*