

"Line Dance 101: Teaching Strategies & Overview of Styles"

(NOTE: can be modified for each grade level)

Presented by: Raquel Cope (Corvallis School District)

What is line dance?

- Line Dance is a dance in which individuals line up without partners and follow a choreographed pattern of steps to music. . .
- Line Dancing is no longer just Country Western and it is now one of the most popular recreational activities in the world. Over the years, the choreography and the styling for Line Dancing has evolved to be more sophisticated and modern.
- Dances taught in these classes encompass a wide variety of styles such as *Cha Cha, Rumba, Mambo, Rock, Waltz, Country, Funk, Hip Hop, Swing, and more. . .*

What are the benefits of line dancing?

- Toning body shape
- Strengthening muscle memory
- Enhancing memory
- Brain-body coordination
- Body stability, reflexes and balance

BENEFITS OF DANCE (AS TAUGHT IN CLASS)

- It is great exercise
- You need little equipment (music and yourself)
- You can dance by yourself or with friends and family

	DANCES/NAME OF SONG	SONG/SONG ARTIST (search through I-tunes)
1	Macarena	Various Artists in the Ultimate Party Mix Album
2	Electric Slide	Various Artists in the Ultimate Party Mix Album
3	Stayin' Alive	Bee Gees
4	Cha-cha slide	"Cha Cha Slide" (radio edit) by Mr. C
5	Cupid Shuffle (Radio Version)	Cupid
6	Slappin' Leather to any country song	"Boot Scootin' Boogie" by The Delta Line Dance Band
7	Thriller	Michael Jackson
8	Kung Fu Fighting	Cee-Lo & Jack Black
9	Hip Hop/Filipino	"Bebot" by Black Eyed Peas
10	Hoedown Throwdown	Miley Cyrus

1. MACARENA (adopted from Meg Greiner's "Dances We Know By Heart")

Music: CD *Mouse House, Disney Dance Mixes, #4 Tiki Tiki Tiki Room* or Various Artists in the Ultimate Party Mix Album

Formation: Scattered/Lines

Macarena is a hand and body language dance done to 16 beats of music. Good hip motion is essential to this dance.

1. right hand goes out palm down
2. left hand goes out palm down
3. right palm up
4. left palm up

5. right hand to left shoulder
6. left hand to right shoulder
7. right hand to right back of ear
8. left hand to left back of ear
9. right hand to left hip
10. left hand to right hip
11. right hand to right buns
12. left hand to left buns
13. roll hips with hands on buns
14. with small jump turn 1/4 turn to left, with clap.

CUES: Hand, hand, over, over, shoulder, shoulder, head, head, hip, hip, gluteus, gluteus, hula hoop, hula hoop, jump, turn, clap

- 1) Repeat pattern for duration of song.

2. **ELECTRIC SLIDE**

Music: CD *Mouse House, Disney Dance Mixes*, **ELECTRIC SLIDE**

Music: Electric Boogie by Marcia Griffiths, Album: Carousel can

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....**Repeat** (do dance facing all 4 walls)

3. **STAYIN' ALIVE**

- 1) **Grapevine**- go right into the grapevine to the right (step to the right, left foot step behind, then step together), then grapevine to the left
- 2) **Point pocket**-point up to the right and then down to the pocket (2 times), repeat on the left
- 3) **Roll**-roll up to the right and down to the left
- 4) **chicken**-heels go out for 4 counts and elbows go out for 4 counts like a chicken
- 5) **Two in the front & back**-with the right foot tap forward for 2 times and then tap back for 2 times
- 6) **1, 1, 1, Knee up**-tap the right foot forward 1 time, back 1 time, then forward 1 time, then lift the knee up as you do a 1/4 turn to the left, then go right into the grapevine starting again at a. (see above)
- 7) **Repeat** (do dance facing all 4 walls)



4. **CASPER CHA-CHA SLIDE**

Learn the steps below so you'll know what to do the next time you are pulled onto the dance floor. During the song, you will hear Mr. C calling out steps to guide you, so there's really no need to memorize the steps. Simply listen closely to his calls.

Difficulty: Easy; **Time Required:** A few minutes to learn the steps, then time to practice to the music.

Here's How:

1. ["Take it to the left!"](#) or ["Take it to the right!"](#)

(This is a "grapevine" step with a "touch.")

Step to the side with the left (right) foot, step across left (right) foot with the right (left) foot, step to the side with the left (right) foot, touch the right (left) foot beside the left (right).

2. ["Take it back now!"](#)
(This is simply three steps to the back with a touch.)
Step back with the left foot, step back with the right foot, step back with the left foot, touch right foot beside left.
3. ["One hop this time!"](#)
(Number of hops will vary.) Hop forward with both feet.
4. ["Right \(Left\) foot let's stomp!"](#)
Stomp right (left) foot in front. (Add your own personality with your arms.)
5. ["Now, Cha-Cha!"](#)
(This step is actually from the Latin dance form, the Cha-Cha. It is simply a "jazz square.") cues: right, step, right, left, right THEN left, step, left right left. Description: Step forward with the right foot, then step left in place, bring the right foot back and step right left right...same with left foot forward now...
6. ["Turn it out!"](#) or ["Let's Go to Work!"](#)
(Turn ¼ to the left to face the other wall or Begin a "grapevine" step with a slight turn.) Make a slight turn to the left, step to the right with the right foot, step across right foot with the left foot, step to the side with the right foot, touch the left foot beside the right.
7. ["Clap your hands!"](#)
Clap your hands (fast) to the beat.
8. ["Criss Cross!"](#)
Jump both feet out, jump and cross right over left, jump both feet out, jump both feet together.
9. ["Slide to the left!"](#)
Step to the left with the left foot, slide right foot to meet the left. "Slide to the right!" Step to the right with the right foot, slide left foot to meet the right.
10. ["Reverse, Reverse!"](#) do a clockwise turn in place, then counterclockwise
11. ["How low can you go?"](#) (This is the classic "limbo" step.) Lean back toward the floor, bending down as low as you can go.
12. ["Bring it to the top!"](#)
Pull yourself back up to a standing position, waving your arms above your head.
13. ["Hands on your knees!"](#)
With your hands crossing from knee-to-knee, bend your knees and bounce to the beat.
14. ["Charlie Brown!"](#)
(This is a "running man" step.) Rock forward on right foot while kicking left foot back.
15. ["Freeze!"](#) Freeze and strike a pose...with attitude!

5. CUPID SHUFFLE

- 1) **Shuffle to the right-**
 - a. **Cue words:** to the right (4x)
 - b. **Description:** Basically everything is in groups of four. You start in the beginning position of feet shoulder width apart and shuffle to the right four times. To shuffle, from the beginning position step sideways with your right foot to the right then let your left foot follow landing you back in the original position. This is one count. So shuffle to the right four times
- 2) **Shuffle to the left-** then shuffle to the left four times
- 3) **Kicks-** After this you kick four times. Kick out only about a foot with your right foot first, then bring it back. That's one count. When you go to the next count, switch feet. So first right, then left, then right, then left. When you bring your foot back after kicking it dip slightly for a bounce effect.
- 4) **Walk it on out-** The last part is basically a small walking it out with a quarter turn to the left.
- 5) **REPEAT from a** (do dance facing all 4 walls)



6. SLAPPIN' LEATHER (dance steps organized by cues)

1. **4 heels-**start with your feet together. Just the heels go out for 4 times.
2. **2 in front and back-**tap the right heel in the front for 2, then tap the right toe in the back for 2

3. **Star**-right foot taps in the front, to the right side, to the back, then to the right side
4. **Slappin' Leather**-right foot goes in the front of the body, out to the right, to the back then to the right; the left hand taps the foot in front, then the right hand taps the foot to the right, then the left hands taps the foot to the back, then the right hand taps the foot to the right (while doing this turn a ¼ turn to the left as your foot goes to the right on the first time)
5. **grapevine**-go right into the grapevine to the right (step to the right, left foot step behind, then step together), then grapevine to the left
6. **go back**-step back with the right, left, right, then tap left foot in front
7. **Step, stomp**-step forward with the left foot, stomp right when you bring the feet together (repeat 1x)

Then start from the beginning...do this dance facing all 4 walls

7. THRILLER (choreographed by Jim Ross of “Jersey Boyz”, modified by Raquel Cope)

1) Monster Claw-8 counts

- a. **Cue words:** slow, slow, fast, fast, fast
- b. **Description:** step with the right foot forward 2 hands as claws to the right, then same to the left (do this slow right, slow left, then fast, right, left, right)

2) Shimmy and Shake-8 counts

- a. **Cue words:** shimmy shimmy shimmy clap up
- b. **Description:** step with the right foot to the right hands out, squat low, then step together with clap up, then same to the left MODIFICATION: can add a hop and lift leg up

3) Swim-8 counts

- a. **Cue words:** swim to the right, swim to the left
- b. **Description:** step with the right foot forward 2 hands as claws to the right, then same to the left (do this slow right, slow left, then fast, right, left, right)

4) Stomp-8 counts

- a. **Cue words:** stomp, stomp, stomp, look back
- b. **Description:** stomp the right foot around going counterclockwise, keeping left foot in place, then look back, keep going full circle to face forward

5) Zombie-8 counts

- a. **Cue words:** slow, slow, fast, fast, fast
- b. **Description:** step with the right foot back 2 hands above head as claws, then same to the left (do this slow right, slow left, then fast, right, left, right)

6) Deal the cards-8 counts

- a. **Cue words:** deal the cards to the right, deal the cards to the left
- b. **Description:** step with the right foot out to the right and pretend like you are dealing cards at the same time shake knee out, same to the left

REPEAT from #1 (facing the same wall) OR you can do a ¼ turn to your left to face another wall on the “dealing of cards” to the right



8. KUNG FU FIGHTING (choreographed by Raquel Cope)

1. Jab

- a. **Cue words:** Jab left, left, right right
- b. **Description:** jab across the body to the left with the right fist (2x), the go to the right (2x)

2. Bob & Weave

- a. **Cue words:** bob & weave, bob & weave
- b. **Description:** bob & weave (squat then lean left) to the left, then to the right

3. Punch down

- a. **Cue words:** punch right, left, back right, left
- b. **Description:** right lunge forward while punching down with right fist, then same going forward with left side, then step back with right and punch down with right fist, then same with left

4. **Karate kick**
 a. **Cue words:** kick front, front, kick back, back
 b. **Description:** kick front R/L (safety: make sure to bring up the knee first then uncoil), then kick back R/L
5. **Lean back & Wax on/off**
 a. **Cue words:** Lean 1, 2, 3,4, wax on, wax off
 b. **Description:** step back with the right foot and lean back with right hand at chest and left hand straight out in front, then bring feet together, THEN wax on with right hand and wax off with left hand
REPEAT from #1 (facing the same wall) OR you can do a ¼ turn to your left as you wax on then restart

9. **HIP HOP/FILIPINO**

1. **Step-Slide**
 a. **Cue words:** step, together slide
 b. **Description:** step with R foot to R, bring R foot in, then slide right and same to left step with L foot to L, bring L foot in, then slide L
2. **Tinikling (Filipino-bamboo stick dance move)**
 a. **Cue words:** right, left, right and left, right, left
 b. **Description:** hop right, hop left, hop right and lean moving right THEN same to the left—hop left, hop right, hop left and lean left while moving left
3. **In-out**
 a. **Cue words:** Jump in, in out
 b. **Description:** jump with feet together 2x, then jump with both feet spread apart (do 2 times)
4. **Cross out**
 a. **Cue words:** cross out, cross out, together, clap
 b. **Description:** cross feet & then jump out (2x), jump together, then clap
5. **Kick**
 a. **Cue words:** kick out, out, out, out
 b. **Description:** kick right foot out with heel up, then kick left, then ¼ turn left as you kick R/L

REPEAT from #1 (facing the same wall) OR you can do a ¼ turn to your left as you kick then restart

10. **HOEDOWN THROWDOWN (You can also go on-line for the moves.)**

WEBSITE FOR DANCE MOVES: <http://www.youtube.com/watch?v=hj3OqMzNin4>

SONG LYRICS	DESCRIPTION OF MOVEMENTS
Pop it, Lock it, Polka-dot-it, Country-fy then Hip-hop it Put your hawk in the sky, Move side to side, Jump to the left, stick it, glide	Left arm out, pop to the right Shuffle to the left Right heel out then left heel out Left leg across body (heel flexed), arms straight out, bend arms, then down at side Arms straight out to the side, bring it in and up & down Move arms to the right then to the left Left leg kicks across body, step with the left, then the right foot heel up across body
Zig zag, Cross the floor, Shuffle in diagonal When the drum hits, Hands on yo hips, One foot in, 180 twist, And then a, Zig zag, step, slide,	Right foot tap in front, then tap to the side, then tap with left hand, shuffle to the right Shuffle back to the left then back to the right diagonally, arms in a box flapping up Right arm drum/left heel out, then left arm drum/right heel out Put your hands on your hips Turn over right shoulder to face to the back, then reverse back hopping on left foot & arms up Right foot tap in front, then tap to the side, take a step to the right, then slide together

<p>Lean in left, Clap 3 times, Shake it out, head to toe, Throw it all together, That's how we roll</p>	<p>Lean to the left (move shoulders left, right, left), clap 3 times in a “J” motion Turn over the left shoulder, pointing fingers Right hand up then down across body, step forward with the left foot, tap back with the right foot Step back with the right foot then both arms up</p>
<p>Do the Hoedown(throwdown) Do the Hoedown(throwdown) Do the Hoedown(throwdown) Throw it all together, That's how we roll</p>	<p>We say “Hoedown” and (front row) lift up signs “Throwdown” for audience to yell We say “Hoedown” and (front row) lift up signs “Throwdown” for audience to yell We say “Hoedown” and (front row) lift up signs “Throwdown” for audience to yell Right hand up then down across body, step forward with the left foot, tap back with the right foot Step back with the right foot then both arms up</p>
<p>Source: metrolyrics.com</p>	