

CCEPE

Rhythms – favorite dances and making up routines

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DANCES:

Schottische Boom Boom

Music: Boom Boom Pow by Black Eyed Peas

Schottische up and back (2 times) schottische: step forward R,L,R and hop on R

Grapevine R (8 counts)

Hand jive 2 x 8 counts (pat, pat, clap, clap R hand over L two times and L over R 2 times)

Grapevine L 8 counts

Hand jive 2x 8 counts

Step hop (diagonally 4 x R) 8 counts

Boogie Back 8 counts

Step hop (diagonally 4 x L) 8 counts

Boogie back 8 counts

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Add new music to old favorites!

Patty Cake Polka

Music: Dolly Song by Holly Dolly

Heel, toe, heel, toe, slide, slide, slide, slide

Heel, toe, heel, toe, slide, slide, slide, slide

Clap R 3 times, Clap L 3 times, clap both 3 times, clap thighs 3 times

Right elbow swing

Dance in line formation first then circle

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Party Rock Anthem Flash Dance

Music: Party Rock Anthem by LMFAO featuring Lauren Bennett and GoonRock

SKATER – KICK - LASSO	32 COUNTS (2X16)
RUNNING MAN – SUPER STAR – RAPPER – LUNGE – SHUFFLE	32 COUNTS
SIDE, SIDE DANCE ¼ TURN	32 COUNTS (4 X 8)
ROBOT	16 COUNTS
JUMP _ HAMMER	16 COUNTS
SKATER – KICK – LASSO	32 COUNTS
SKATER – KICK – LASSO	32 COUNTS
PAUSE	
RUNNING MAN – SUPER STAR – RAPPER – LUNGE – SHUFFLE	32 COUNTS
PUSH PUSH arms	16 COUNTS
CHARLESTON	16 COUNTS
WINDSHIELD WIPERS – SHAKE IT	32 COUNTS
PARTNER SQUATS	16 COUNTS
FREE DANCE	16 COUNTS
SKATER – KICK - LASSO	32 COUNTS (2X16)
RUNNING ARMS – CIRCLE ARMS OVER HEAD 4 TIMES	32 COUNTS
PAUSE WITH ARMS FOLDED	8 COUNTS
CONTINUOUS RUNNING MAN	64 COUNTS
FREEZE	

Music: Party Rock Anthem by LMFAO featuring Lauren Bennett and GoonRock

SKATER – KICK - LASSO

32 COUNTS (2X16)

With feet apart and hands behind back and bent over a bit, sway side to side 4 times (4 counts) and then swoop back from left to right (4 counts)

Touch Right heel in front of left foot 2 times (4 counts) then a lasso turn in a circle (4 counts)

REPEAT first 16 counts

RUNNING MAN – SUPER STAR – RAPPER – LUNGE – SHUFFLE

32 COUNTS

Running man (4 counts) super star 2 times (4 counts)
Rapper hands R (2 counts) L (2 counts) repeat (8 counts total)

Lunge R foot forward Lunge L foot forward (4 counts)
Shuffling - Hop/tap R 3 times pause (4 counts)
Lunge L foot forward Lunge R foot forward (4 counts)
Shuffling – Hop/tap L 3 times pause (4 counts)

SIDE, SIDE DANCE ¼ TURN

32 COUNTS (4 X 8)

To the side R foot out and tap, to the side L foot out and tap (4 counts)
Dance a ¼ turn (4 counts) 4 times

ROBOT

16 COUNTS

JUMP _ HAMMER

16 COUNTS

Jump with R heel tapping twice while hammering (2 counts)
Jump with L heel tapping twice while hammering (2 counts)

SKATER – KICK – LASSO

32 COUNTS

SKATER – KICK – LASSO

32 COUNTS

PAUSE

RUNNING MAN – SUPER STAR – RAPPER – LUNGE – SHUFFLE	32 COUNTS
PUSH PUSH arms	16 COUNTS
Push, push R arms down to the right (2 counts) push push L arms down to the left (2 counts) 4 times	
CHARLESTON	16 COUNTS
WINDSHIELD WIPERS – SHAKE IT	32 COUNTS
Windshield wipers up (2 counts) and the down (2 counts) while bottom shakes 16 beats then find a partner and keep doing windshield wipers	
PARTNER SQUATS	16 COUNTS
Squats facing a partner (down – up – down – up) 8 times	
FREE DANCE	16 COUNTS
Free dance but end up back at your spot	
SKATER – KICK - LASSO	32 COUNTS (2X16)
RUNNING ARMS – CIRCLE ARMS OVER HEAD 4 TIMES	32 COUNTS
Chest lift with arms (4 counts) Circle arms in the air above head 2 times (4 counts) 4 times	
PAUSE WITH ARMS FOLDED	8 COUNTS
CONTINUOUS RUNNING MAN	64 COUNTS
Running man 8 counts then turn ¼ turn each time 2 circles, 8 times	
FREEZE	

Making up Routines

I love to have kids make up their own routines and they seem to love it also. It allows for creativity and cooperation. Start small. Key in on a few concepts with specific directions. Learning Target Example: I will demonstrate 5 different movements with at least 2 different pathways with a prop. You can assess with a rubric. I use the concepts listed below to help kids learn about movement and also to focus the routine.

I may have the youngers only emphasize one or two like levels and directions, where I have the olders add on. For example they know an interesting routine utilizes variety in direction, formation and pathways, but we may also add flow to a routine. Music can help the kids feel force and time.

Help the process by picking a song that fits and play the first 30 seconds then repeat.

You can have them practice what they have so far and let them know when they should be moving on. Or ask them if they have 3 movements yet and help those that are having a hard time making decisions.

Movement concepts explored:

Space:	place, size, level, direction, pathway and focus
Time:	speed and rhythm
Force:	energy, weight, and flow
Body:	parts, relationships, shapes and balance

Possibilities are endless:

Basketballs
Jump ropes
Dance
Jump bands
Lummi sticks

One of my favorite routines I learned from my music teacher, Clare Bourquein:

Prop Dance

In groups of 4 – 8 create a movement piece by using the same props.
Scarves, balls, rackets, ribbons, hokey sticks, etc...

Criteria: dancers must demonstrate flow, levels, self – space and general space.
The audience knows the dance has ended once the dancers freeze.

Dance Resources:

You Tube

[Brain – Compatible Dance Education](#) by Anne Green Gilbert