Dance to your Own Beat –

How to get your Students to Create Dances

1. Paper Dance- “Stars and Stripes forever”

(Credit to :Chip Candy)

Each student gets a piece of paper. Follow my lead. Can have them in smaller groups and alternate leaders.

1. Pool Noodle Drum Fitness-

Show the basic drum motions. Students can either do a cardio workout with the noodles or an ab workout.

1. Rolling into Dance

Each group will pick their top 6 moves. They will roll the dice to determine which moves they will do for each 8 count. Moves will be taught in advance.

1. Picture Dances

Pick 4 pictures and memorize the movements to in each picture. Talk about how dances can be just motions that morph into other motions. Hold each pose for 8 counts, then try it at 4 or even 2 counts. Have the groups rotate to another group’s photos.

1. Create a Dance

Students will create their own dance using skills learned throughout the dance unit. We discuss how anything can be a dance move. Students will create a 32 count dance (4 8 counts).

Great Dance songs to use:

1. Love Runs out- One Republic
2. Love Me- Justin Bieber
3. Make it- Jake Reese
4. Cold Heart (PNAU Mix)- Elton John/Dua Lipa
5. The Way you make me feel- Michael Jackson