LINE DANCING

Line dancing is a non threatening, success oriented activity that is fun and easy to do. This section will contain some basic steps and a few dances to get you started.

Basic Steps

1. **Step touch** - step to the side with one foot and close with the opposite foot which will take 2 counts. These can be done to the right or the left.

2. **Hustle** - this is 2 step touches in the same direction - 4 counts.

3. **Grapevine** - step to the side with one foot, step behind this foot with and opposite foot, uncross your feet by bringing the first foot you out to the side while moving in the same direction, and close the second foot to the first - 4 counts.

4. **Toe touch** - simply touch your toe in front, back, or to the side depending on the routine. These are done as singles, doubles, triples and sometimes for 4 counts.

5. **Heel touch** - same routine as the toe touches.

6. **Walking** - walk forward and back for the desired number of beats.

7. **Rock** - with knees slightly bent, you shift your weight from side to side and let your hips sway with the motion.

8. **Pivot** - the pivot foot stays on the floor. Step forward with the opposite foot, do a quarter turn toward the pivot foot and close (put feet together). If you do 4 pivot steps without closing on the first three you should make a complete circle.

9. **Butterfly** - raise up on your toes and click your heels for the number of desired counts.

10. **Step Ball Change** - shift your weight to one foot, then to the opposite foot and then back to the original foot. (Right to Left to Right or Left to Right to Left) This can be used with varying tempos and is similar to the Cha-Cha step.

Choose slow to moderate music and practice these basic steps. Try to do each step for 4 or 8 counts.

Thanks to Don Puckett, Winston-Salem, North Carolina for this information

11. **Three Step Turn** - Step sideways right, pivot forward 180 degrees on your right foot and face the back wall, pivot 180 degrees backwards on your left foot until you face the front again. Try the same move in reverse, Step with your left foot sideways and continue the same pattern. (It's almost like a corkscrew)
**The Alley Cat-The Hitman by AB Logic**

Point the right toe sideways and close 2x (2 counts)

Point the left toe sideways and close 2x (2 counts)

Point the right toe back and close 2x (2 counts)

Point the left toe back and close 2x (2 counts)

Lift the right knee across left thigh and back down 2x (2 counts)

Lift left knee across right thigh and back down 2x (2 counts)

Lift the right knee across left thigh and back down 1x (1 count)

Lift the left knee across the right thigh and back down 1x (1 count)

Clap (1 count)

1/4 jump turn to the right ……Repeat the dance!

**The Hully Gully**

Grapevine right (4 counts) Grapevine left (4 counts)

Moving forward - step on right foot and hop, step on the left foot and hop and then walk right, left, right. As your right foot comes down in the walking steps do a 1/4 turn right and swing the left foot out in front keeping it in the air. The step hops, walking, and turn will take 8 counts. (step, hop- step, hop- walk, walk, walk, turn)

Walk backwards starting with the left foot that is still in the air. Walk left, right, left, right (4 counts) Repeat the dance!

**The Locomotion- by Kylie Minogue**

Tap right heel front

Tap left heel front

Tap right heel front, and then bring it up in front of your knee 2X

Grapevine right and clap

Grapevine left and clap

Hit air with right hand as in patty cake 2X

Hit air with left hand as in patty cake 2X

Hit air with both hands as in patty cake 2X

Hit both thighs two times

Walk in a circle for 8 counts and back to the starting position

**Repeat dance**

**Variation:** Do the dance as a mixer facing a partner. One partner facing another in a Double-circle formation. One partner does the dance using the opposite foot
The Rocket- Another Night by Real McCoy
Shuffle step 3X to the right
Shuffle step 3X to the left
Walk backwards 3 steps beginning with the right foot
Step forward with the left foot and drag the right foot up to the left foot 2x
Touch right hip
Touch left hip
Touch right side of head
Touch left side of head
Wiggle, wiggle, wiggle, wiggle (4 counts)
Tap right foot 2X to the front
Two times to the back
Once to the front
Once to the back
Once to the side
Lift right knee across your body
Turn ¼ turn to the left- Repeat Dance

The Ketchup Dance-Las Ketchup
National Standard: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction

Music Needed: “The Ketchup Song” by Los Ketchup
Equipment Needed: CD Player and CD above
Formation: Scatter
Perform this dance the following way: One hand on top of the other palm down moving sideways twice. Hand under moving twice. On top twice and under twice. Right hand up high like a hitchhike. Left hand up high like a hitchhike. Both hands up high and waving. Right hand in front of forehead. Palm out..left hand behind head palm in.. moving hands in and out while doing the Funky chicken moves with your legs

Mountain Music-Alabama
Grapevine right and clap, grapevine left and clap- 8 counts
Walk backwards 4, walk forward with left foot and bring right together
Click heels 2 times with a Yee Haw-8 counts
Tap right foot forward twice, tap right foot back twice, tap right foot forward once, backward once, to the side once, then bring the right leg up and around the front, turning ¼ turn to the left.
Repeat dance

Kokomo-Beach Boys-
2 Steps to the right, 2 steps left, 2 steps right, 2 steps left
2 Steps angle up to the right, 2 steps angle up to the left
2 Steps angle back to the right, 2 steps angle back to the left
Rock 8 beats in place (rock hips)
Pivot, turn 4 beats (1/4 turn each step keeping left foot in place, step forward with right turning to the left 4X  Repeat Dance
**Wobble- V.I.C.**
Jump forward (4 beats, 1 jump-the other 3 beats you wiggle your rear end)
Jump backward  1 Jump- 4 beats
Face left and move arms out to the left .. 4 beats
Face right and move arms out to the right .. 4 beats
Rock right- 4 beats (R, L, R tap left)
Rock left- 4 beats (L, R, L tap right)
Turn ¼ turn to the left -4 beats and step backwards 5,6,7 and jump forward on ct 8

**Repeat Dance**

**5,6,7,8- Steps**

**1 Wall Line Dance**

*Start the dance after the initial count in the song: It’s time to begin...5,6,7,8. Jump 4 X*

8 cts. - Grapevine right, Grapevine left
8 cts- Moving forward: Angle step right, clap, angle step left, clap, angle step right, clap, angle step left, clap
8 cts. - Slap right hand on right thigh, slap left hand on left thigh, then slap right hand on right hip, slap left hand on left hip. Clap 2 X. Point to head then point to toe.
8 cts. - Walk backwards 4 steps, then jump in place 4 X (the song will say 5,6,7,8)

**See variation on the Next page**

**5,6 7,8 Variation:**

**Formation:** Two Small Contra lines 8 people with the opposite person facing you. This person is your partner

*It’s time to Begin Now Let’s Begin*
Jump 4 X to 5,6,7,8,
Grapevine Right
Grapevine Left
Walk in toward your partner angle steps and clap same as above
Slap right hand on right thigh
Slap left hand on left thigh
Slap partner’s right hand
Slap partner’s left hand
Clap 2X patty cake with partner
Point to head then point to toe.
Walk backwards 4 steps while the First Couple in line slides down the middle (Sashays) the aisle facing your partner holding hands like “The Virginia Reel”

**Repeat Dance**
CREATIVE DANCE

This may start as a follow the leader activity to practice total body movement with music. As the students become familiar with some basic steps, they should be encouraged to create their own movements to the music. It is best to start with a slow or moderate beat.

Creating their own movements and expressions will lead into the opportunity to begin formal teaching of established dances.

Changing levels, showing different degrees of force, and using locomotor and non-manipulative skills open an endless number of choices for the students to be creative and enjoy moving to the music.

Shake Your Groove Thing-Peaches and Herb
Start in two “contra lines” facing a partner.
This is a Soul Train dance where two partners move on down the middle and do their own thin, creating their own dance moves.

The Magic Circle Dance-We Like To Party
Make a large circle with the entire class or create small groups with about 6 people in a group. Choose one person to start the dance in the middle of the circle. (No handstands or Cartwheels, etc.) Make simple dance movements or exercises. The entire group copies the movements of the leader in the center of the circle.

Square and “Unsquare” Dances

Scatter Square Dance-
National Standard: Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction

Equipment Needed: CD Player

Music Needed: Kokomo by the Beach Boys- Lonesome Trail Hoedown

Formation: Scatter

Hit That Lonesome Road-Walk around the gym by yourself, find new partners and do simple square dance calls. See Great Activities Booklet for information written by Paul Darst and Barb Cusimano
**Walk The Dinosaur-Was Not Was**

**National Standard:** Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction

**Music Needed:** “Walk The Dinosaur” by Was Not Was

**Formation:** Contra line facing a partner

A. Slide three steps toward one wall and clap  
Slide three steps towards the opposite wall and clap

**Repeat step A**

B. Three-step turn toward one wall and clap  
Three step turn toward the opposite wall and clap

**Repeat step**

C. Walk around your partner and back to your original position holding right hands 8 counts. Repeat holding left hands 8 counts  
D. High five “sticky” turn around your partner and back to your original position using right hand. Repeat using left hand and **repeat dance**

**Variation:** Add Do-Si-Do, See Saw and other square dance calls, e.g.:  
“Pinkie Swing”

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**The “New” Chicken Square Dance-**

**National Standard:** Understands that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction

**Equipment Needed:** CD Player

**Music Needed:** Birdie Dance

**Formation:** Circle

Do the traditional chicken dance but when it comes to the middle section of the music you can add Swing your partner or do-si-do or other square dance calls...such as circle left and right. All into the center
So
You
Think
You
Can’t
Teach
Dance

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