ROCK THIS PARTY!!
Move to the Groove
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Funky, Fun dance activities for all ages.
“Dance like nobody’s watching.”

**Pop Goes the Weasel**
- **Music:** Pop Goes the Weasel
- **Formation:** Large circle in Line of Dance (Lod) direction (counter clockwise) students are in groups of 3 beside each other facing the LOD.

Students hold hands and skip together counter clockwise. When music say “pop goes the weasel” the outside two dancers skip forward to meet new middle person and the middle person stays in place to greet new dancers. You also can have outside dancers stay in place and middle dancer skip forward to new group.

**Deliverance**
- **Music:** Dueling Banjo’s
- **Formation:** Self space

Teacher and/or student leaders perform non-locomotor movements to a phrase of music and then for the next phrase of music the students copy and perform the movement. For the copy movements leader calls out “MY TURN & YOUR TURN.” This continues through out the song. During the chorus the students elbow swing with different partners.

**Hey Baby**
- **Music:** Crazy Frogs CD #2
- **Formation:** Line

Cts 1-8 counts 1-4 shake hands up – up to right 2 x’s then left 2x’s
counts 5-8 shake hands down –to right 2 x’s then left 2x’s
Cts 9-10 Clap 2 x’s
Cts 11-12 (2 cts) jump forward – say ooooh
Cts 13-4 (2 cts) jump backward – say aaah
Cts 15-16 Clap 2 x’s
17-20 right grapevine
21-24 left grapevine
25-28 2 criss cross jumps
29-32 march in place

**Pump**
- **Music:** SOS Rescue
- **Formation:** Line

Cts 1-8 Step touch R,L,R,L (4 x’s)
Cts. 9-16 “Sticky” pump step forward
(each step counts for 2 counts)
R-hold-left-hold-rt-hold-left-hold
17-18 ¼ turn to right (face right wall)
19-20 180 degree turn – drop step – reverse pivot (face left wall)
21-24 jump turn in a circle to right 3 x’s

¾ turn end up facing back wall
Hold in place on 4th count

25-32 Freestyle for 8 cts or rotate knee rt then left; roll shoulder rt then left (2 cts each movement)

Repeat

Dance: **Rock and Roll Craze**
Music: Michael Jackson or Elvis Presley songs work well.
Formation: Line/4 wall dance

1-2 Right arm palm down, shake two times to right
3-4 Left arm palm down, shake two times to left
5-6 Right arm palm up, push hand two times to right “up”
7-8 Left arm palm up, push hand two times to left “up”
1-2 Right thumb, point two times over right shoulder “hike”
3-4 Left thumb, point two times over left shoulder “hike”
5-6 Touch right heel out, bring foot back
7-8 Touch left heel out, bring foot back
1 Reach up with right arm
2 Reach up with left arm
3 Bring right arm down and place on lower back
4 Bring left arm down and place on lower back
5-8 Jump sequence (keep hands on hips)
   5-6-7 Straight jump forward
   8 Jump turning eight ¼ turn and clap

1-8 Free style sequence (any non-locomotor movements)

Name: **Salty Dog Rag**
Music: Louisiana Saturday Night
Formation: Line

Cts 1-4 Tap right heel forward twice
Cts 5-8 Tap right, jump to a left-jump clap in place
Cts 9-12 repeat w/ left
Cts 13-16 repeat w/ left
Cts 17-20 Quick grapevine to right on 4th step hop on
Cts 21-23? Right, left leg up – hop left-hop right – hop left
Repeat other direction

Dance: **Boot Scootin’ Boogie**
Music: Boot Scootin’ Boogie or POP (NOW 8)
Formation: Double Circle/Stand beside your partner facing the LOD; Partner dance and/or mixer using bandanas

In Double Circle formation rockers are on the inside and rollers on the outside holding a bandana between each other.

Segment one:
- Cts 1-16: Roller takes 4 steps (grapevine) to the inside of the circle passing in front of her partner still holding on to the Bandana. The Rocker takes 4 steps to the outside of the circle passing behind his partner still holding the bandana. Repeat above steps to get back to starting position. Repeat segment

Segment two:
- Cts 1-8: Right Toe, stomp, 2 jumps in place, elbows pull back
- Left Toe, stomp, 2 jumps in place, elbows pull back
- Cts 9-16 Repeat above steps

Segment Three:
- Cts 17-20 Holding bandana moving in the CCW direction, 4 gallop shuffle steps alternating feet. or skip.
- Cts 21-24
Outside person/roller: lets go of bandana and skips 4 cts forward to meet new partner.
Inside person/rocker: march in place and claps 4 counts and then greets new partner. holds bandana
• Repeat dance through song

Name: SIXTEEN STEP.
Music: “Dance, Dance, Dance” by Twist & Shout Alley; “The Devil went down to Georgia” by Charlie Daniels Band; “Sin Wagon” by Dixie Chicks
Formation: Fast pace, as couples move in a counter-clockwise circle around the floor.

1 RIGHT HEEL out front
2 Cross RIGHT HEEL over in front of left foot
3 Bring RIGHT HEEL back out to front
4 Bring RIGHT HEEL back together with left
5 LEFT HEEL out in front
6 LEFT HEEL back in place
7 Touch RIGHT TOE TO BACK
8 Bring RIGHT FOOT back together with left foot
9 LEFT HEEL out in front
10 LEFT HEEL back in place
11-12 Stomp RIGHT FOOT twice
13-14 Step forward with RIGHT FOOT and pivot to the LEFT ½ TURN

*Four shuffles forward beginning with the RIGHT FOOT….
 RLR, LRL, RLR, LRL

Name: TUSH PUSH
Music: “Rainy Day Bells,” Ripete, PV 15673
Formation: This dance has much variety, and it is a four-wall line dance

Counts and Steps:
1-4 Right heel forward, right toe beside, and place right heel forward twice.
5-8 Left heel forward, left toe beside, and place left heel forward twice.
1-4 Bleking step; begin with right heel forward on count 1. Spring and place left heel forward on count 2. Spring and place right heel forward on count 3. Hold on count 4 and clap.
5-6 Rock forward and place weight onto right foot, bend knees and bounce at knee for two counts.
7-8 Rock back onto left foot and bounce at knee for two counts.
1-2 Rock forward onto right foot and bounce, then rock back onto left foot and bounce.
3-4 Repeat rock forward onto right foot and bounce, then rock back onto left foot and bounce.
5-6 Two-step forward; right foot, left foot, right foot.
7-8 Rock forward onto left foot, then rock back onto right foot.

Dance: Axel F/ Crazy Frog Mixer
Music: Axel F Crazy Frogs CD
Formation: Partner dance and/or mixer Stand facing your partner

Start facing a partner
The first sequence of the dance starts after the words “what’s going on?”
1-2 with RT hand Brush the dirt of your left shoulder
3-4 with Left hand Brush the dirt of your right shoulder
5-8 repeat above
9-16 Patty Cake Sequence
Slap thighs 2x’s
Clap 2x’s
Patty cake with partner 4 x’s (I have the students cross patty cake from 3rd grade up/ the younger ones just High Five patty cake)
Repeat all of above 1-16 making it 32 total counts
1-8 Slide Series students hold hands and slide 4x’s one direction and them 4x’s back
9-16 Repeat the slides sequence
1-8 Do-si-do sequence (students perform a do-si-do for 6 counts and end up facing their partner, on ct 7 they slap their thighs and then ct 8 double high five their partner
9-16 repeat Do-si-do sequence

Then they find a new partner by dancing free style around the gym. (32 cts)

Repeat the above sequence two times
Then for the longer freestyle section of the song I have them move in a variety of pathways, levels and using different tempo's till I ask them to find a new partner.
Then repeat the dance sequence.

<table>
<thead>
<tr>
<th>Dance:</th>
<th>The Locomotion</th>
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<tbody>
<tr>
<td>Music:</td>
<td>The Locomotion by Kylie Minogue or Hot, Hot, Hot by Buster Poindexter</td>
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Tap right heel front
Tap left heel front
Tap right heel front, and then bring it up in front of your knee 2X down and up
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: Progressions
Do the dance as a mixer facing a partner, stand in two contra lines as in the “Virginia Reel”. (Swing your partner with a right elbow swing instead of (*Walk in a Circle)
One partner facing another in a Double-circle formation. One partner does the dance using the opposite foot or same foot if you don’t want to make it too confusing for the younger children.

Another version “The Locomotion” by Kylie Minogue

A) Section One:

<table>
<thead>
<tr>
<th>Cts. 1-8</th>
<th>Grapevine Right</th>
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<tbody>
<tr>
<td>Cts. 9-16</td>
<td>Walk forward 4 cts. and then back 4 cts</td>
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<tr>
<td>(rotate arms around each other in front of the body)</td>
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</tr>
<tr>
<td>Cts 17-24</td>
<td>Grapevine Right</td>
</tr>
<tr>
<td>Grapevine Left</td>
<td></td>
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<tr>
<td>Cts. 25-32</td>
<td>Walk forward and then back 4 cts.</td>
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B) Section Two:
Group Dance Steps (each group designs a dance step they perform for 8 cts.
(pony: twist: raise the roof with a step touch; running man; swim etc.) Total of 32 cts. /
cts per groups of 4
Cts 1-32 Each group teaches their dance step to the other groups and then all groups perform each step for 8 cts.

C) Section Three:

| Cts 1-8 | Swing hips back and forth in place 8 cts. (begins after it says you need to swing your hips) |
| Cts 9-16 | 2 cts. jump forward; 2 cts. jump back repeat (total |

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<tr>
<th>Dance:</th>
<th>5,6,7,8, Steps</th>
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<td>5,6,7,8 by Steps (Best of Steps CD)</td>
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Start the dance after the initial count in the song; It’s time to begin 5, 6, 7, 8.
8 counts – Grapevine right, Grapevine left
8 counts – Moving forward: Angie step right, clap, Angie step left, clap, Angie right, clap, Angie step left
8 counts – 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 2X Point to head then point to toe.
8 counts – Walk backwards 4 steps, then jump in place 4X (the song will say 5,6,7,8)

Dance: **Rock This Party**
Music: Gonna Make You Sweat-C & C Music Factory or Rock This Party by Bob Sinclair

**Long lead in-- start when they say Everyone Dance Now**

8 counts:
Right hand on forehead and left arm straight behind while walking to the right 4 steps (right, left, right, together) on the 4th count clap.
Then go left, left hand on forehead and right arm straight behind while walking to the left 4 steps (left, right, left together) on the 4th count clap.

8 counts:
Bring arms in towards chest make a broke T for 2 counts then punch arms out straight for 2 counts.
Repeat.

8 counts:
Pledge of Allegiance” and hold
Cross left arm the same way and hold
Place right hand on right hip (hold)
Place left hand on left hip (hold)

4 counts:
Spin on left leg while pumping arms and right leg together for 4 counts (pump 360 degrees around)

4 counts:
Rock in place

Repeat dance

Dance: **William Tell Overture Finale**
Music: William Tell Overture
Formation: Groups with a leader per group and equipment (colored plastic plates; ribbon sticks; small fly parachutes; dynabands; juggling scarves; playground balls; etc.

The teacher is the conductor and "conducts groups to perform a movement with their equipment when signaled to and stop when signaled too. The teacher needs to listen to the music and include different groups throughout the song and sometimes have all groups performing. It's what you make it!

Dance: **Fitness Lines (modern dance lines)** Telephone Number
Music: any music with constant beat

Students line up across the gym with no more than 4 deep in numbers. The student move across the gym as a horizontal line staying on the beat in counts of 8. The second horizontal line moves across the gym on the second set of eight. Each group is moving on a count of 8 or 16 depending on what the teacher has the students performing.

Fitness line movements: anything to help students practice counting and move creatively.
Walking forward; backward; walk 4 turn walk backwards 4 cts; walk 8 cts stay in place perform 8 cts of non-locomotor movements. Add elements of movement to the non-locomotor (change levels; tempo)
Kick ball change; box step; walk then march in a circle..anything works.
Telephone Number Dance: Give each group a telephone number and ask them to choreograph movements for the number and perform so the class can guess the digits.
Example: 494-3182 (4 jumping jacks; 9 twists; 4 should rolls; 3 box steps; 1 kick ball change; 8 hip rolls; 2 cross knee touches.