Funky, Fun dance activities for all ages.

**Move to the Groove**  
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<table>
<thead>
<tr>
<th>Dance:</th>
<th>Cupid Shuffle</th>
<th>Music:</th>
<th>Cupid Shuffle</th>
<th>Formation:</th>
<th>4 wall line dance</th>
</tr>
</thead>
</table>

In Line formation everyone has their own space on the floor and gets ready to dance.

Segment one:
- When you hear the intro beat just rock to the beat and get ready. When the song says “Do ya dance” starts the next segment.

Segment two:
- Cts 1-8: step right with right foot, step right with left foot, right foot, left foot, right foot, left foot, right foot, left foot

Segment three:
- Cts 9-16 step left with left foot, step left with right foot, left foot, right foot, left foot, right foot, left foot, right foot

Segment four:
- Cts 17-24 wait one beat kick heel with right foot in front bring back, kick with left foot in front bring back, kick right, kick left.

Segment five:
- Cts 25-32 wait one beat and then walk in place turning 90 degrees on the beat. And repeat it from the top.

Repeat dance through song

**Dance: Funky Cowboy**

**Description:** Line dance

**Music:** Country Dances/ Ronnie McDowell  
Curb Records 47 music Square East, Nashville, TN 37203

Give each student a bandana

When music starts:
- Ct 1 Reach right arm forward
- Ct 2 Reach left arm forward
- Cts 3-4 Clap hands two times
- Cts 5-6 Brush hands over each hip bw and fw—2cts
- Cts 7-8 Clap 2 times
- Cts 9-16 Grapevine 4 cts to right and 4 cts to the left
- Cts 17-24 Lasso pivot move 8 cts

Repeat till song ends

This is the easiest version and can be performed in a circle. You can also have the children use scarfs for a lasso.
**Dance:** Boot Scootin’ Boogie  
**Music:** Boot Scootin’ Boogie or POP (NOW 8)  
**Description:** Partner dance and/or mixer using bandanas  
**Formation:** Double Circle/Stand beside your partner facing the LOD

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  
  Repeat from top

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**Dance:** Rock and Roll Special  
**Music:** Heartbreak Hotel—Elvis Presley; Blue Suede Shoes—Elvis Presley; Beat it—Michael Jackson  
**Formation:** 4 wall line 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 or roll arms forward  
7-8 Touch left heel out, bring foot back or roll arms back up  
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)
Students are in groups of 3 standing beside each other facing the line of dance (counterclockwise)

Section 1: (with turns)
1-8 Walk forward holding hands
9-16 Walk backwards holding hands

1-8 Clap sequence: clap two times; stomp two times and repeat
1-16 Turn sequence: middle person lifts right arm while outside person turns toward middle and under the arm. Then inside person turns under the middle persons lifted left arm.

1-8 **Mixer part:** Inside person skips forward to new partners
Outside partners slap thighs 2x’s and high fives partner for 2 cts.

Repeat entire section one

Section Two: (no turns)
1-8 Walk forward holding hands
9-16 Walk backwards holding hands

1-8 Clap sequence: clap two times; stomp two times and repeat
1-8 Mixer part: Inside person skips forward to new partners

**Section One with turns**

**Section Two without turns**

**Section One with turns**

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**Dance:** Old School Hip Hop

**Music:** Larger Than Life—Backstreet Boys

**Formation:** Line

**Sequence One:**  
Cts 1-4 on a diagonal-tap rt toe fw and back 2x’s  
Cts 5-8 Step fw rt ¼ turn over rt shoulder; step left ¼ turn over left shoulder.  
Cts 9-16 Walk fw 4cts (which is actually to the side wall due to the turns)  
Walk bw 4 cts on the 4th step face the way you started.

Repeat cts 1-16 on last ct- stay facing sideways

**Sequence Two:** (20 cts)  
Cts 1-8 Step to the side with left  
Slide right foot slowly for 4cts to the left foot  
Step to the side with right  
Slide left foot slowly for the 4cts to the right foot.

Cts 9-12 pivoting on the rt foot; pushing off of the left foot to make a ¾ turn stomp with left on 4th ct.
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Cts 1-8 Bodywave: (roll knees; thighs; hips; chest; shoulders for 4cts and move arms for 4 cts and finish in a pose with attitude.

**Sequence Three:**

<table>
<thead>
<tr>
<th>Cts 1-4</th>
<th>Chorus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cts 5-8</td>
<td>Rollercoaster: Step left foot to side (making a small straddle with legs) clasp hands together and roll them side to side/up &amp; down for 2cts</td>
</tr>
<tr>
<td></td>
<td>Repeat Rollercoaster knees bend for each rollercoaster.</td>
</tr>
</tbody>
</table>

Cts 9-16 Skip backwards and repeat rollercoaster.

Repeat above sequence 1-16

**Sequence Four:**

Cts 1-8 turn one and ½ turns doing something with arms for the 8cts to end up facing front again.

Repeat Entire Dance 3x’s till the end of the music

The music changes tempo on third time through the dance sequences, maintain counts and the skipping sequence will be with the chorus music again.

<table>
<thead>
<tr>
<th>Dance:</th>
<th>New School Hip Hop</th>
</tr>
</thead>
<tbody>
<tr>
<td>Music:</td>
<td>The Way You Are-Timberland</td>
</tr>
<tr>
<td>Formation:</td>
<td>Line/ can be a 4 wall dance</td>
</tr>
</tbody>
</table>

**Heel Twists:** twist heels to rt, center, left, center Repeat for lead in music.

**Sequence One:** When words start

<table>
<thead>
<tr>
<th>Cts 1-8</th>
<th>heel digs: step rt, heel dig fw with left step left, heel dig fw with rt.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cts 1-8</td>
<td>grapevine: step rt, left behind, step rt, left touch and grapevine back to left</td>
</tr>
<tr>
<td>Cts 9-16</td>
<td>heel digs</td>
</tr>
<tr>
<td>Cts 9-16</td>
<td>grapevine</td>
</tr>
</tbody>
</table>

**Sequence Two:**

<table>
<thead>
<tr>
<th>Cts 1-6</th>
<th>Step backward rt, left, rt, cross behind with left to ½ turn on 5-6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cts 7-8</td>
<td>jumping jack out then together</td>
</tr>
<tr>
<td>Cts 9-16</td>
<td>toe taps: Step rt, left toe tap behind rt; step left, rt toe tap behind.</td>
</tr>
<tr>
<td></td>
<td>REPEAT cts 1-16</td>
</tr>
</tbody>
</table>

**Sequence Three:**

<table>
<thead>
<tr>
<th>Cts 1-8</th>
<th>Tap toe out to right ct 1, twist to tap heel with rt ct 2, step right step left behind cts 3-4, step right ct5, hop turn to rt Left leg is up for the hop ct 6, step left ct 7, jump to left side ct 8</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>REPEAT sequence 3 a total of 4 times</td>
</tr>
</tbody>
</table>

Repeat entire dance 2 more times till the end of the song.

On last sequence you could have students perform break dance type moves.

<table>
<thead>
<tr>
<th>Dance:</th>
<th>Put Your Hands Up in the Air</th>
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<tbody>
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<td>Put Your hands Up In the Air</td>
</tr>
<tr>
<td>Formation:</td>
<td>Line or Circle Dance Mixer</td>
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</table>

Wait 8 verses to put your hands up in the air.

Sec. #1
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<table>
<thead>
<tr>
<th>Count</th>
<th>Movement</th>
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</tr>
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<tbody>
<tr>
<td>Cts. 1-4</td>
<td>Tap right heel forward on diagonal</td>
<td>Cts 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Touch right toe back to left</td>
<td>Cts 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Repeat same side</td>
<td>Cts 3-4</td>
<td></td>
</tr>
<tr>
<td>Cts. 5-8</td>
<td>Repeat with left to left side</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Arm move together up and back</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cts. 1-8</td>
<td>REPEAT Section one</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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#### Sec. #2

<table>
<thead>
<tr>
<th>Count</th>
<th>Movement</th>
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<th>Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cts. 1-4</td>
<td>Right heel tap forward &amp; diagonal 3 x’s (PUMP IT with arms)</td>
<td>Cts 1-3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Jump both feet together and clap</td>
<td>Cts 4</td>
<td></td>
</tr>
<tr>
<td>Cts. 5-6</td>
<td>Jump slide to right</td>
<td>(left foot slide next to right)</td>
<td></td>
</tr>
<tr>
<td>Cts. 7-8</td>
<td>Jump slide to left</td>
<td>(right foot slide next to left)</td>
<td></td>
</tr>
<tr>
<td>Cts. 9-10</td>
<td>Jump twist to right</td>
<td>(left foot slide next to right)</td>
<td></td>
</tr>
<tr>
<td>Cts. 11-12</td>
<td>Heel twist (2 cts but 3 quick heel twists) 1 &amp; 2 are the counts</td>
<td>(heels twist together to right Ct 11)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Then twist left/right fast = cts and 12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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#### Sec. #3

<table>
<thead>
<tr>
<th>Count</th>
<th>Movement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cts. 1-4</td>
<td>Walk bw 4 counts</td>
</tr>
<tr>
<td>Cts. 5-8</td>
<td>Walk fw 4 counts/high five partner</td>
</tr>
<tr>
<td>Cts. 9-12</td>
<td>Walk bw 4 counts</td>
</tr>
</tbody>
</table>

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#### Sec. #4

Freestyle for 8 cts as you move to your right to greet a new partner.  
Cts 1-8 On counts 7 & 8 partners could slap their own thighs and then double high five their partner.

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### Dance: Swing Mixer

#### Music:

- Any swing music
- Oh Mickey;
- Jive Bunny;
- Round around Sue

#### Formation:

- Partner holding hands

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#### #1 Sequence:

Cts 1-8 **Side Step Shuffle** (step together step/rt-left-rt)  
rock step: step left foot behind right, lift right and step on it. 4 cts to right and 4 cts to left  
Cts. 9-16 Repeat

#### #2 Sequence

Cts 1 Kick rt, ct 2 Kick left, ct 3 and 4 Kick rt ball change =kick right, march right them left;  
Cts 5-8 walk forward and turn (2 cts) to **change places with partner** continue to hold hands (8 cts)  
REPEAT TOTAL SEQUENCE

#### #3 Sequence

**Dish Rag** (double underarm turn) 4 cts each direction total 8 cts or one time for 8 cts.

#### #4 Sequence

**Boogie Oogie:**  
Jump backwards 2 x’s and clap at the same time.  
March swing style toward each other with pointer finger pointing to the floor and move pointing the fingers to the floor.  
Hold opposite hands and with a slight pull away from each other lean back and march around for 8 cts. Free hand can shake with style.