

“Line, Square and UN-Square Dance”-

Gregg Montgomery, Mountain View School, 118 Cloverhill Drive, Flanders, NJ, 07836, Phone: 973-927-2201, E-Mail: NJDJ703@aol.com, Health and Physical Activity Institute, James Madison University, Harrisonburg, VA, July 20-24, 2008

Walk the Dinosaur-

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 turn around your partner and back to your original position using right hand. Repeat using left hand and **repeat dance from the beginning**

Variation: Add Do-Si-Do, See Saw and other square dance calls.

The Ketchup Dance

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 4 Funky chicken moves with your legs

Square Dance w/Pinnies-

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

Equipment Needed: CD Player,

Music Needed: I Feel Lucky by Mary Chapin Carpenter

Cotton Eyed Joe by Rednex

Formation: Two Couples facing each other. One wearing a pinnie, or partners wearing different colored pinnies. One can do most simple square dance calls this way except there are no corners. If you use pinnies, you don't need to have boy /girl groupings. Saves lots of trouble during this dance unit.

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

Formation: Scatter

Hit That Lonesome Road-Walk around the gym by yourself, find new partners and do simple square dance calls. See "Great Activities" for information written by Paul Darst and Barb Cusimano or Physical Best Activities Book

Mini Square Dance-

Groups of Four Students

Wear Pinnies

Slow song-I Feel Lucky- Mary Chapin Carpenter

Fast Song-Cotton Eyed Joe-Rednex

Directions:

Forward and Back 2X

Right Elbow swing

Left Elbow Swing

Do Si Do

See-Saw(Opposite of Do Si Do)

Repeat

Add Right Hand Star-Certain colors

Left Hand Star- Certain colors

All In Right Hand Star-Everyone

All In Left Hand Star-Everyone

Allemande left

Promenade

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

Cupid Shuffle

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

Equipment Needed: CD Player

Music Needed: "The Cupid Shuffle" by Cupid

Formation: Scatter

Step to the right and together 4X

Step to the left and together 4X

Kick right

Kick left

Kick right

Kick left

Turn ¼ turn to the left and repeat dance

The 5,6,7,8 -- 1 Wall Line Dance- Music- 5,6,7,8, by Steps (on the CD- Best of Steps (Chip Candy))

Start the dance after the initial count in the song: It's time to begin...5,6,7,8.

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)

Variation:

Formation: Two Small Contra lines 8-10 with the opposite person facing you. This person is your partner

It's time to 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

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

Square Dance Tag- (Mark Manross-PE Central)

Divide the group into 4 equal parts

Play a tag game and when you are tagged you must freeze in a certain position.

The first position is right elbow held out to the side like you are going to right elbow swing a partner. When someone who is unfrozen sees you in that position they swing you as in square dance and then you are unfrozen and able to continue playing the tag game once more. Add different square dance moves after a short time period. Soon each person will know enough moves to perform a square dance.