# Move to the Groove

**Susan Flynn**

[flynnsm@purdue.edu](mailto:flynnsm@purdue.edu)

Funky, Fun dance activities for all ages.

*“Dance like nobody’s watching.”*

<table>
<thead>
<tr>
<th>Dance:</th>
<th>Pump</th>
</tr>
</thead>
<tbody>
<tr>
<td>Music:</td>
<td>SOS Rescue</td>
</tr>
<tr>
<td>Formation:</td>
<td>Line</td>
</tr>
</tbody>
</table>

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

 Repeat

<table>
<thead>
<tr>
<th>Name:</th>
<th>Salty Dog Rag</th>
</tr>
</thead>
<tbody>
<tr>
<td>Music:</td>
<td>Louisiana Saturday Night</td>
</tr>
<tr>
<td>Formation:</td>
<td>Line</td>
</tr>
</tbody>
</table>

- **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 4<sup>th</sup> step hop on
- **Cts 21-23?**: Right, left leg up – hop left-hop right – hop left

 Repeat other direction

<table>
<thead>
<tr>
<th>Dance:</th>
<th>Hey Baby</th>
</tr>
</thead>
<tbody>
<tr>
<td>Music:</td>
<td>Crazy Frogs CD #2</td>
</tr>
<tr>
<td>Formation:</td>
<td>Line</td>
</tr>
</tbody>
</table>

- **Cts 1-8**: counts 1-4 shake hands up – up to right 2 x’s then left 2x’s
- **Ct’s 5-8**: Shake hands up to right one time; left up one time; down by hip right 1x/then left hip 1x
- **Cts 9-10**: Clap 2 x’s
- **Cts 11-12 (2 cts)**: jump forward – say oooh
- **Cts 13-4 (2 cts)**: jump backward – say aaah
- **Cts 15-16**: Clap 2 x’s
- **17-20**: 2 criss cross jumps
- **21-24**: right grapevine
- **25-28**: left grapevine

<table>
<thead>
<tr>
<th>Dance:</th>
<th>Car Wash</th>
</tr>
</thead>
<tbody>
<tr>
<td>Music:</td>
<td>Shark Tales Car Wash</td>
</tr>
<tr>
<td>Formation:</td>
<td>4 wall Line</td>
</tr>
</tbody>
</table>

**Long introduction music**: clap sequence 1, 3, 5,6,7 and then 2,4, 6,7,8

- **1-8**: **Funky Walk**: Kick right forward and step right, kick left forward and step left repeat
- **9-12**: **Dig walk**: Two step touch, step touch to right with arms in a side digging position
- **13-16**: **Dig walk**: Two step touch, step touch to left with arms in a side digging position
Summer Institute 2007

17-20  
 ¼ turn to right, walk 4 steps forward clap on 4th step

21-24  
Walk backwards 3 steps on 4th step, tap heel out forward and lean back with arms across your chest with attitude.

25-28  
slide to right 4 cts pumping arms in front of chest

29-32  
¼ turn to left, walk with attitude 4 steps to front (any thing with arms)

33-36  
Chorus: in place buff circle hand movement 2 X's with right 2x's with left
Lift right knee two cts while pretend rubbing thigh and do with left.
1/4 turn to left at the same time you begin the buffing sequence again
Repeat until you make it around to the front.

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
15-16  
“ ” “ ” “ ” “ ” “ ” “ ” “ ” “ ”
*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.

Dance: The Locomotion
Music: The Locomotion by Kylie Minogue or Hot, Hot, Hot by Buster Poindexter

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 Minoque
A) Section One:
Cts. 1-8  Grapevine Right
         Grapevine Left
Cts. 9-16  Walk forward 4 cts. and then back 4 cts
         (rotate arms around each other in front of the body)
Cts 17-24  Grapevine Right
         Grapevine Left
Cts. 25-32  Walk forward and then back 4 cts.
         (rotate arms around each other in front of the body)

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

Dance:       5,6,7,8, Steps
Music:       5,6,7,8 by Steps (Best of Steps CD)

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

8 counts total:
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 total:
Bring arms in towards chest make a broke T for 2 counts then punch arms out straight for 2 counts. Repeat.
4 counts total:
Spin on left leg while pumping arms and right leg together for 4 counts (pump 360 degrees around)
8 counts total:
Monkey right 4 counts then to the left 4 counts
8 counts
Punch up right arm, left, right, right
Punch up left arm, right, left, left

8 counts:
Punch up and hold right arm (2 counts) Left arm (2 counts)
Right hand under left armpit (hold for 2 counts), left hand under right armpit (hold for 2 counts)

8 counts:
Superstar 4 counts
Superstar 4 counts

8 counts:
Forward 4 steps
Backward 4 steps

4 counts
Step turn (1/2 turn)
2 stomps with right foot
Repeat back to the beginning only facing the back of the room

Elementary Version

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)

8 counts: Chug forward with a little jump and jump back (4 cts)
March 4 cts with a ¼ turn if desire.

Repeat dance