Part #1
Stand facing Partner - Partner A & Partner B
1. Partner A leads: Polka out of circle with partner 4X
2. Partner B leads: Polka into the circle with partner 4X
3. Repeat 1 & 2

Part #2:
Stand facing partner.
1. Tap R heel out and together and step-ball-change (1-2-3)
2. Tap L heel out and together and step-ball-change (1-2-3)
3. Repeat 4 & 5
Part #3:

1. Slap thighs 2X
2. Slap both hands of partner 2X
3. Slap Rights 2X – Slap Lefts 2X

Part #4:

1. Stomp Right foot 1X
2. Stomp Left foot 1X
3. Clap partner w/ both hands 2X
4. Partner B slides 2X CW (left) to new partner.
Part #1: Walk
Groups of 3 standing side by side, in a circle with other groups of 3
1. Moving together, walk forward 8 steps while holding hands

Part #2: Circle
Group of 3 in a circle holding hands
1. Circle one time around in 8 counts
2. End back in the same position you started
Part #3: ARCH
Groups of 3 in a circle holding hands
1. Decide who is “center” person. Other 2 people raise connected hands up overhead
2. Center person walks forward under raised hands, pulling the other 2 under to turn circle inside out

Part #4: Circle/Mix
Groups of 3 make inside out circle holding hands
1. Circle one time
2. When almost back to original place, drop hands, center person walks forward to next group, other 2 walk backwards to meet new center person
I got this feeling, inside my bones
It goes electric, wavey when I turn it on
All through my city, all through my home
We're flying up, no ceiling, when we in our zone

I got that sunshine in my pocket
Got that good soul in my feet
I feel that hot blood in my body when it drops, ooh
I can't take my eyes up off it, moving so phenomenally
Room on lock the way we rock it, so don't stop

And under the lights when everything goes
Nowhere to hide when I'm getting you close
When we move, well, you already know
So just imagine, just imagine, just imagine
Nothing I can see but you when you dance, dance, dance
Feeling good, good, creeping up on you
So just dance, dance, dance, come on
All those things I should do to you
But you dance, dance, dance
And ain't nobody leaving soon, so keep dancing

I can't stop the feeling
So just dance, dance, dance
I can't stop the feeling
So just dance, dance, dance, come on

Ooh, it's something magical
It's in the air, it's in my blood, it's rushing on
Don't need no reason, don't need control
I fly so high, no ceiling, when I'm in my zone

Cause I got that sunshine in my pocket
Got that good soul in my feet
I feel that hot blood in my body when it drops, ooh
I can't take my eyes up off it, moving so phenomenally
Room on lock the way we rock it, so don't stop

And under the lights when everything goes
Nowhere to hide when I'm getting you close
When we move, well, you already know
So just imagine, just imagine, just imagine
Nothing I can see but you when you dance, dance, dance
Feeling good, good, creeping up on you
So just dance, dance, dance, come on
All those things I should do to you
But you dance, dance, dance
And ain't nobody leaving soon, so keep dancing

While walking forward ....
Step R over L & swing L leg to side – Repeat on L side 8cts.
Sassy step backward 4 step (arms out-down-out down) 8cts Repeat 2X

---

Step L-pump arms to chest-Step R-pump arms to chest
R-L-R-L 8cts
Step touch R-L as you shake hands down to sides
R-L-R-L 8cts
Repeat entire sequence 2X

---

Step Touch R-L as you sweep arm across face (Low)
R-L-R-L 8cts
Step Touch R-L as you sweep arm over head (High)
R-L-R-L 8cts
Repeat entire sequence 2X

---

Pump arms 2X to Right -2X to Left- Single Pump R-L-R-L
Repeat 4X

---

Glide to R – Glide to L – Turn around in circle 4 cts.
Repeat 2X

---

While walking forward ....
Step R over L & swing L leg to side – Repeat on L side 8cts.
Sassy step backward 4 step (arms out-down-out down) 8cts Repeat 2X

---

Step L-pump arms to chest-Step R-pump arms to chest
R-L-R-L 8cts
Step touch R-L as you shake hands down to sides
R-L-R-L 8cts
Repeat 2X

---

Step Touch R-L as you sweep arm across face (Low)
R-L-R-L 8cts
Step Touch R-L as you sweep arm over head (High)
R-L-R-L 8cts
Repeat entire sequence 2X

---

Pump arms 2X to Right -2X to Left- Single Pump R-L-R-L
Repeat 4X
I can't stop the feeling  
So just dance, dance, dance  
I can't stop the feeling  
So just dance, dance, dance  
I can't stop the feeling  
So just dance, dance, dance  
I can't stop the feeling  
So just dance, dance, dance  
I can't stop the feeling  
So just dance, dance, dance  
I can't stop the feeling  
So just dance, dance, dance  
I can't stop the feeling  
So just dance, dance, dance  
I can't stop the feeling  
So just dance, dance, dance  
I can't stop the feeling  
So just dance, dance, dance  
I can't stop the feeling  
So just dance, dance, dance  
I can't stop the feeling  
So just dance, dance, dance  
I can't stop the feeling  
So keep dancing, come on  

I can't stop the, I can't stop the  
I can't stop the, I can't stop the  
I can't stop the feeling  
Nothing I can see but you when you dance, dance, dance  
(I can't stop the feeling)  
Feeling good, good, creeping up on you  
So just dance, dance, dance, come on  
(I can't stop the feeling)  
All those things I should do to you  
But you dance, dance, dance  
(I can't stop the feeling)  
And ain't nobody leaving soon, so keep dancing  

Everybody sing  
(I can't stop the feeling)  
Got this feeling in my body  
(I can't stop the feeling)  
Got this feeling in my body  
(I can't stop the feeling)  
Wanna see you move your body  
(I can't stop the feeling)  
Got this feeling in my body  
Break it down  
Got this feeling in my body  
Can't stop the feeling  
Got this feeling in my body, come on  

Glide to R – Glide to L – Turn around in circle 4 cts. 8cts  
Repeat 4X  

While walking forward ....  
Step R over L & swing L leg to side – Repeat on L side 8cts.  
Sassy step backward 4 step (arms out-down-out down) 8cts  
Repeat 2X  

Step L-pump arms to chest-Step R-pump arms to chest R-L-R-L 8cts  
Step touch R-L as you shake hands down to sides R-L-R-L 8cts  

Pump arms 2X to Right-2X to Left- Single Pump R-L-R-L Repeat 4X 8cts  

Glide to R – Glide to L – Turn around in circle 4 cts. 8cts  
Repeat 4X  

Step Touch Forward while clapping hands overhead 2X 8cts  
Step Touch Backward while clapping hands overhead 2X 8cts. Pose
ESSENTIAL OUTCOMES OF DANCE

KINDERTGARTEN & 1ST GRADE:
* I can perform a variety of dances by following directions
* I can use locomotor movements in a sequence of dance steps

MANY OF THE DANCES WE USE FOR KINDERGARTEN & 1ST GRADE INTRODUCE STUDENTS TO BASIC DANCE MOVES. GREG & STEVE AND THE LEARNING STATIONS CD'S ARE AWESOME TO INTRODUCE THESE BASIC DANCE CONCEPTS

- Get Funky - variation of cha cha slide
- Mack Chicken Dance
- Can't Sit Still
- Freeze
- Bop til you drop
- What I Am
- Tony Chestnut
- Spotlight Dance
- Kinderpolka
- Sevivon - Driedel (Hanukkah)
- Shoo Fly - Old Black Fly
- La Raspa
- Alphabet Polka
- Surfin' USA
- Party in the USA - Parachute Dance
- Bluebird

GET FUNKY and Musical Fun By The Learning Station
Big Fun by Greg & Steve
Kids in Action by Greg & Steve
Kids in Motion by Greg & Steve
Kids in Action by Greg & Steve
by Will.i.am Sesame Street https://goo.gl/9UibLz
Tony Chestnut & Fun Time Action Songs - Learning Station

2ND GRADE:
** USE LOCOMOTOR MOVEMENTS IN REPEATABLE SEQUENCE
* I can follow a movement pattern

- Locomotor
- Conga Line/Bunny Hop
- Sequencing - 12 Days of Gym Class
- Party in the USA - simple line dance
- Shadow Dance - creative movement
- We Got the Beat - Simple Hand Jive
- Shake It Off - Parachute Dance

S.H.O.E.S - See How Our Energy Shows
Gloria Estefan/Cristy Lane
Physical Ed by the Learning Station
Miley Cyrus
Use any upbeat music with white sheet & spotlight
Glee Cast version
Taylor Swift
3rd Grade:

* I CAN BEGIN DESIGN MY OWN 4 - 8 COUNT DANCE WITH BASIC CHOREOGRAPHY

* I CAN PERFORM A DANCE USING DIFFERENT LEVELS & PATHWAYS

* I CAN TREAT MY PARTNER WITH GOOD MANNERS

  - Rock Around the Clock - Parachute Dance  [https://goo.gl/pGDwaU]
  - Popcorn - line dance - slow to fast  Hot Butter
  - Chu Chu Wa - Spanish Children's Dance  [https://goo.gl/VaqPlt]
  - Glut Scootin Boogie - Fitness Dance  Boot Scootin Boogie by Brooks & Dunn  [https://goo.gl/igUZ9S]
  - Bingo Waltz - Grand Right and Left  [https://goo.gl/Jb114G]
  - Hamster Dance  [https://goo.gl/jb114G]
  - Fight Like a Girl - Kickbox routine  Minecraft Jams  [https://goo.gl/SD3JB7]
  - Brush Off Dance - Groups of 3  Hey Baby by Crazy Frog (from pecentral.com)
  - Hey Baby - Scarf Dance

4th Grade:

* I CAN PERFORM A DANCE USING DIFFERENT LEVELS & PATHWAYS WITH A PARTNER

* I CAN DISPLAY GOOD DANCE ETIQUETTE WITH MULTIPLE DANCE PARTNERS

* I CAN DANCE TO DANCES FROM OTHER COUNTRIES TO APPRECIATE THEIR HERITAGE

  - Crazy Frog - partner dance  Crazy Frog
  - Whoomp Dance  Whoop There It Is by Tag Team
  - Cotton Eye Joe - Circle Dance  Cotton-Eye Joe
  - Evolution of Dance  [https://goo.gl/MSf81h]
  - Everybody Get Up - Fitness Dance  Everybody Get Up by Five
  - Southside Shuffle - Contra Dance  Goodbye by Kristinia DeBarge
  - Folk - D'Hammerschmiedsgsell'n  [https://goo.gl/E1cwBS]
  - Hand Clap - Contra Dance  Hand Clap by Fitz and the Tantrums
  - Inside Out Mixer  YMCA/Come With Me Now-Kongos  [https://goo.gl/JXWgJZ]

5th & 6th Grade:

* I CAN PERFORM A MULTI-CULTURAL DANCE.

* I CAN CREATE A DANCE WITH CORRECT RHYTHM AND PATTERN.

* I CAN COMBINE LOCOMOTOR SKILLS & MOVEMENT CONCEPTS (LEVELS, PATHWAYS) TO CREATE & PERFORM A DANCE WITH A GROUP

  - Macerena 3 variations  [https://goo.gl/ovNAHN]
  - Drumming Routines  [https://goo.gl/gxo8jc  or  https://goo.gl/nJeXB3]
  - Shindig in the Barn - Contra Dance  Beer Barrel Polka - Die Hard Polka Band
  - Nae Nae Whip/Uptown Funk  [https://goo.gl/610nmn]
  - Zumba/Fitness Dances
  - Oktoberfest Polka
  - Shut Up and Dance Circle Dance
  - Square Dance
  - Canadian Stomp Line Dance  Billy Currington - Don’t It  [https://goo.gl/63juKa]
  - Create a Dance Assessment
  - Can’t Stop This Feeling  Justin Timberlake
**D’HAMMERSCHMIEDESGELLEN**

*German Folk Dance*

**FORMATION: GROUPS OF 4**

**GROUP A: SLAP THIGHS, TOUCH SHOULDERS, CLAP OWN HANDS**

**GROUP B: CLAP PARTNER’S R HAND, CLAP PARTNER’S L HAND, CLAP BOTH HANDS**

1. **HAND CLAP PART**  **1 & 3 START ON BOTTOM**  **2 & 4 START ON TOP**
2. **ALL 4 JOIN HANDS AND STEP-HOP CW 8 CTS**
3. **REVERSE STEP-HOP CCW 8 CTS**
4. **REPEAT CLAPPING SEQUENCE**
5. **ALL 4 DO A RIGHT HAND STAR 8 CTS**
6. **REVERSE TO LEFT HAND STAR 8 CTS**
7. **REPEAT CLAPPING SEQUENCE**
8. **ALL 4 JOIN HANDS AND STEP-HOP CW 8 CTS**
9. **REVERSE STEP-HOPS CCW 8 CTS**
INSIDE-OUT MIXER

FORMATION: TRIPLE CIRCLE (3 STUDENTS STANDING SIDE BY SIDE, FACING CCW, WITH INSIDE HANDS JOINED)

MUSIC: YMCA BY THE VILLAGE PEOPLE

COUNTS 1-8  WALK FORWARD 8 COUNTS (WALK)

COUNTS 9-16  FORM A SMALL CIRCLE & CIRCLE L 8 STEPS BACK TO PLACE (CIRCLE)

COUNTS 16-24  THE CENTER PERSON WALKS FORWARD UNDER RAISED ARMS OPPOSITE, PULLING THE OTHER TWO UNDER TO TURN THE CIRCLE INSIDE OUT. (ARCH)

COUNTS 25-32  THE TRIO CIRCLES L IN 8 STEPS, RETURNING TO PLACE.
  WHEN ALMOST BACK TO PLACE, DROP HANDS. THE CENTER WALKS FORWARD CCW AND THE OTHER TWO WALK CW TO THE NEAREST CENTER PERSON FOR A CHANGE OF PARTNERS. (CIRCLE 2, 3, 4, ONTO THE NEXT PARTNER)

REPEAT FROM THE BEGINNING
Canadian Stomp Line Dance

Music: Billy Currington - Don't It

4-Wall Line Dance

1. Right Foot - Toe In - Toe Out - Stomp
2. Left Foot - Toe In - Toe Out - Stomp
3. Repeat 1 & 2
4. Walk it back R - L, then rock step back on R, fwd on L (replace)
5. Grapevine to right
6. Grapevine to left ¼ turn to L & scuff
7. Rock it forward & replace 2X
8. Repeat entire dance
**BLUEBIRD**

**MUSIC:** BLUEBIRD  
**ALBUM:** 100 SINGALONG SONGS FOR KIDS

**FORMATION:** SINGLE CIRCLE WITH HANDS JOINED. HAVE 3-4 STUDENTS START AT THE OUTSIDE OF THE CIRCLE TO BE THE BLUEBIRDS. WHEN THE MUSIC STARTS THE CIRCLE STUDENTS JOIN HANDS AND RAISE THEIR ARMS TO MAKE THE ARCHES OR WINDOWS.

**COUNTS 1-16**  
THE “BLUEBIRDS” WEAVES IN AND OUT THROUGH THE WINDOWS. THE STUDENTS CAN SING “BLUEBIRD, BLUEBIRD, THROUGH MY WINDOW” 3X AND THEN FINISHES WITH “OH, JOHNNY, I AM TIRED”.

**AT THAT POINT THE BLUEBIRD SHOULD BE AT THE OUTSIDE OF THE CIRCLE AND THEN ARMS OF THE WINDOWS ARE NOW DOWN OR “CLOSED”.

**COUNTS 17-32**  
THE “BLUEBIRD” STOPS BEHIND A DANCER IN THE CIRCLE AND WITH BOTH HANDS, PATS HIS/HER LIGHTLY ON THE SHOULDERS “TAKE A LITTLE BOY/GIRL, PAT HIM/HER ON THE SHOULDER 3X AND THEN FINISHES WITH “OH, JOHNNY, I AM TIRED”.

THE DANCE IS REPEATED, BUT THE PERSON WHO TAPS THE NEW PERSON STAYS JOINED ON TO THE “BIRD TRAIN” AND FOLLOWS THE NEW “BLUEBIRD” THROUGH THE WINDOW. THE REST OF THE CIRCLE MAKES IT SMALLER TO JOIN THE HANDS OF WHERE THE NEW BLUEBIRD WAS TO CREATE THE WINDOWS OR ARCHES.

**AT THE END YOU MAY HAVE ONLY 2-4 PEOPLE LEFT IN THE CIRCLE TO CREATE THE WINDOWS.**
WE GOT THE BEAT

MUSIC: WE GOT THE BEAT GLEE CAST VERSION
SIMPLE HAND JIVE
FORMATION: CIRCLE

1. PAT LEGS 2X
2. CLAP HANDS 2X
3. RIGHT HAND OVER LEFT 2X
4. LEFT HAND OVER RIGHT 2X
5. POUND R ON L
6. POUND L ON R
7. HITCHHIKE OVER LEFT SHOULDER 2X
8. HITCHHIKE OVER RIGHT SHOULDER 2X

**There are times that I had the kids come up with their own hand jive sequence and then teach it to the class. It allows for creativity and it is amazing how cool they can be.**
FIGHT LIKE A GIRL

MINECRAFT JAMS: FIGHT LIKE A GIRL

1. RIGHT JAB 8X
2. LEFT JAB 8X
3. 4 CTs - PAUSE MUSCLE POSE
4. RIGHT UPPER CUT 8X
5. LEFT UPPER CUT 8X
6. PUNCHING BAG 8R, 8L, 8R, 8L
7. JUMP ROPE 16X
8. RIGHT FRONT KICK - BACK KICK 8X
9. LEFT FRONT KICK - BACK KICK 8X
10. 1 SLOW SQUAT
11. RIGHT-LEFT HOOK 16X
12. PAUSE
13. PUNCHING BAG 8R, 8L, 8R, 8L
14. SKULL CRUSHER 16X
15. PUNCHING BAG 8R, 8L, 8R, 8L
16. IN-IN-OUT-OUT WITH FEET TIL END
BRUSH OFF DANCE

MUSIC: WAKA WAKA BY SHAKIRA
FORMATION: 2 GROUPS OF 3 - FACING EACH OTHER

1. BRUSH THE L SHOULDER TWICE WITH THE R HAND 2X
2. BRUSH THE R THIGH TWICE WITH THE R HAND 2X
3. SNAP R HAND FINGERS 2X
4. REPEAT 1-3
5. GRAPEVINE RIGHT
6. GRAPEVINE LEFT
7. REPEAT 5-6
8. MIDDLE PERSON DO-SI-DO THE PERSON ON THEIR L
9. MIDDLE PERSON DO-SI-DO THE PERSON ON THEIR R
10. THE TWO GROUPS DO-SI-DO THE GROUP OF 3 FACING THEM
11. GRAPEVINE RIGHT
12. GRAPEVINE LEFT
13. 2 GROUPS JOIN HANDS AND CIRCLE TO THE LEFT 8 COUNTS
14. 2 GROUPS WALK INTO THE CENTER 4CTS - AND BACK OUT 4CTS.
15. 2 GROUPS JOIN HANDS AND CIRCLE TO THE RIGHT 8 COUNTS
16. 2 GROUPS WALK INTO THE CENTER 4CTS - AND BACK OUT 4CTS.
“PARTY IN THE USA” PARACHUTE DANCE

“PARTY IN THE USA” BY MILEY CYRUS

EQUIPMENT: 1 LARGE PARACHUTE, MUSIC

START THE DANCE WHEN SHE STARTS SINGING

DANCE PARTS:

● PART 1: 7-8 COUNTS
  ○ POP UP - 4 COUNTS, BRING DOWN - 4 COUNTS,
  ○ SHAKE - 8 COUNTS,
  ○ RIGHT WALK - 8 COUNTS,
  ○ POP UP - 4 COUNTS, BRING DOWN - 4 COUNTS,
  ○ SHAKE - 8 COUNTS,
  ○ LEFT WALK - 8 COUNTS,
  ○ REST - 8 COUNTS

● PART 2: 5-8 COUNTS
  ○ POP UP - 4 COUNTS, WALK RIGHT - 8 COUNTS, BRING DOWN - 4 COUNTS
  ○ POP UP - 4 COUNTS, WALK LEFT - 8 COUNTS, BRING DOWN - 4 COUNTS
  ○ WAVE CHUTE - 8 COUNTS

● PART 3: 4-8 COUNTS
  ○ WAVE CHUTE 4-8 COUNTS

PERFORM DANCE IN THE FOLLOWING ORDER: PARTS 1, 2, 1, 2, 3, 2, 2*

*ON THE LAST 8 COUNT, MAKE A TENT AND FINISH UNDER THE PARACHUTE
"SHAKE IT OFF" PARACHUTE DANCE

"SHAKE IT OFF" (CLEAN VERSION) BY TAYLOR SWIFT

EQUIPMENT: 1 LARGE PARACHUTE, MUSIC

START THE DANCE AFTER 2-8 COUNTS OF INTRO

DANCE PARTS:

- PART 1:
  - RUN R - 16 COUNTS
  - TWIST 2 TIMES R, TWIST 2 TIMES L - 16 COUNTS
  - RUN L - 16 COUNTS
  - TWIST 2 TIMES R, TWIST 2 TIMES L - 16 COUNTS

- PART 2:
  - WAVE CHUTE (SLOW SHAKE) - 8 COUNTS
  - R HAND WAVE - 8 COUNTS
  - L HAND WAVE - 8 COUNTS
  - WAVE CHUTE 4 COUNTS, SHAKE CHUTE 4 - 8 COUNTS

- PART 3:
  - LIFT CHUTE UP - 8 COUNTS
  - LEAVE HANDS UP, WALK IN 4, WALK OUT 4 - 8 COUNTS
  - BRING CHUTE DOWN - 8 COUNTS
  - SHAKE CHUTE - 8 COUNTS
  - REPEAT 1 MORE TIME

- PART 4:
  - SHAKE CHUTE LOW (BY ANKLES) - 8 COUNTS
  - SHAKE CHUTE MEDIUM (BY WAIST) - 8 COUNTS
  - SHAKE CHUTE HIGH (ABOVE HEAD) - 8 COUNTS
  - SHAKE CHUTE MEDIUM (BY WAIST) - 8 COUNTS

PERFORM DANCE IN THE FOLLOWING ORDER:

    PARTS 1, 2, 3, 1, 2, 3, 4, 1, HOLD 8 COUNTS, 3, 4, 4, 4
Hey Baby

“Hey Baby” by Crazy Frog
***Found on pecentral.com***

**Equipment:** 2 scarves for every person

**Line Dance or Scattered Formation:**
- Have students hold one scarf in each hand

**Dance:**
1. Shake scarves up and to the right 2 times, up to the left 2 times, down by right knee 2 times, and down by left knee 2 times (8 count)
2. Clap 2x, jump forward, hold (say “ooh”), jump back, hold (say “aah”), clap 2x (8 count)
3. Right grapevine/left grapevine (8 count)
4. 2 jumping jacks (4 count)
5. March in place and say “uno, dos, tres, quatro” (4 count)
6. Repeat

**Variations:**
- Use step touches instead of grapevine to make dance easier
- Use turns in place of grapevines to make dance more difficult
- Change formation of the dance into a circle or even a double circle with partners. Could make a mixer by have students change partners during the 4 count march at the end.

***Start when the singer says starts to sing***
**Hand Clap - Contra Line Dance**

"Hand Clap" Fitz and the Tantrums

**Formation:** Align students in 2 rows facing each other

**Dance:**

1. 2-8 counts: Intro
2. 2-8 counts: Step Claps
   - Step forward R - ¼ turn R-clap, step L - clap; step back R - ¼ turn L-clap, step L - clap (8 counts)
   - Repeat
3. 4-8 counts: Step Touch/Step Punch
   - Step touch R 4 times (8 counts)
   - Alternating step punch (8 counts)
   - Repeat
4. 1-8 count: Freeze for 4 counts; Point R forward, point L forward, airplane arms, arms down
5. 2-8 counts: Hand Claps
   - Jumping: cross feet, uncross, cross feet, uncross - clap with music (8 counts)
   - Repeat
6. 4-8 counts: Slide
   - Slide R, L, R, L both lines trading places (2-8 counts)
   - Slide R, L, R, L back to original side (2-8 counts)
7. 3-8 counts: Partner Hand Clap
   - Walk forward 4 steps so standing across from partner (4 counts)
   - Partner hand clap - pat legs, clap, R high 5, clap, L high 5, clap, high 10, clap - Repeat (2-8 counts)
   - Walk backward 4 steps (4 counts)
8. 1-8 count: Jumping - cross feet, uncross, cross feet, uncross - body roll (8 counts)
9. 4-8 counts: Step Claps
   - Step forward R - ¼ turn R-clap, step L - clap; step back R - ¼ turn L-clap, step L - clap (8 counts)
   - Repeat 3 times
10. 4-8 counts: Step Touch/Step Punch
    - Step touch R 4 times (8 counts)
    - Alternating step punch (8 counts)
    - Repeat
11. 2-8 counts: Hand Claps
    - Jumping: cross feet, uncross, cross feet, uncross - clap with music (8 counts)
    - Repeat
12. 4-8 counts: Slide
    - Slide R, L, R, L both lines trading places (2-8 counts)
13. 3-8 counts: Partner Hand Clap
   - Walk forward 4 steps so standing across from partner (4 counts)
   - Partner Hand Clap - pat legs, clap, R high 5, clap, L high 5, clap, high 10, clap - repeat (2-8 counts)
   - Walk backward 4 steps (4 counts)

14. 1-8 count: Jumping - cross feet, uncross, cross feet, uncross - body roll (8 counts)

15. 8-8 counts: Step Claps
   - Step forward R - ¼ turn R-clap, step L - clap; step back R - ¼ turn L-clap, step L - clap (8 counts)
   - Repeat 7 times

16. 2-8 counts: Hand Claps
   - Jumping: cross feet, uncross, cross feet, uncross - clap like above but music does not have the clapping (8 counts)
   - Repeat
Can’t Stop the Feeling

“Can’t Stop the Feeling” by: Justin Timberlake

Intro: 2-8 counts

Part 1: 4-8 counts
- Step R, Snap R (2 counts); Step L, Snap L (2 counts), Repeat (8 counts total)
- Step in place with R, touch L heel forward snapping hands in opposition (2 counts); Step in place with L, touch R heel forward snapping hands in opposition (2 counts); Repeat (8 counts total)
- Repeat all again

Part 2: 4-8 counts
- Moving R: 4 step togethers (8 counts); Moving L: 4 step togethers (8 counts)
- Step sideways R with arms out, touch L behind bring hands together (2 counts); Step sideways L with arms out, touch R behind bring hands together (2 counts); Repeat 4 times (16 counts total)

Part 3: 4-8 counts
- R arm backward arm circle (2 counts); L arm backward arm circle (2 counts); Repeat (8 counts total)
- Turn in circle to the R (4 counts); Turn in circle to the L (4 counts)
- Repeat all again

Part 4: 6-8 counts
- Kick R, step R next to L, touch L toe out to side (2 counts); Kick L, step L next to R, touch R toe out to side (2 counts); Feet together, bounce knees to beat and swing arms out, in, out, in (4 counts); Repeat 4 times (4-8 counts total)
- Moving forward with R side facing front, 4 quick step togethers (4 counts); Turn in circle using R arm in lasso motion (4 counts); Moving backward with L side facing front, 4 quick step togethers (4 counts); Turn in circle using L arm in lasso motion (4 counts)

Part 5: 4-8 counts
- Moving R with feet together: toes, heels, toes, heels, toes, heels, toes, heels (8 counts); Moving L with feet together: toes, heels, toes, heels, toes, heels, toes, heels (8 counts)
- Moving R: 4 step togethers (8 counts); Moving L: 4 step togethers (8 counts)
- 4 counts: Jump, jump/cross feet, spin, jump

Perform dance in the following order: Parts 1, 2, 3, 4, 1, 2, 3, 4*, 5, 4

**Has an extra 2 counts of 8 so just start over after with remaining time**
5TH GRADE DANCE ASSESSMENT

GROUP MEMBERS: _____________________   _____________________
________________________________   _____________________   _____________________

DIRECTIONS: CHOOSE 4 DANCE STEP CARDS AND 1 HAND MOVEMENT CARD FOR YOUR GROUP. YOUR GROUP NEEDS TO WORK TOGETHER TO CREATE A DANCE USING THESE CARDS FOLLOWING THIS LIST OF CRITERIA:

· CREATE AT LEAST 4-8 COUNTS OF A DANCE THAT CAN BE REPEATED FOR AN ENTIRE SONG.
· THE HAND MOVEMENT CAN BE ADDED INTO ONE OF THE DANCE STEPS OR IT CAN BE USED SEPARATELY.
· YOUR GROUP DECIDES WHAT FORMATION, PATTERN, AND STYLE OF DANCE TO USE
· ALL DANCERS DO THE ENTIRE DANCE TOGETHER
· ALL GROUPS WILL PERFORM THE DANCE FOR THE GROUP.

DANCE STEP CARDS: _____________________   _____________________
________________________________   _____________________
HAND MOVEMENT: _____________________

USING DANCE STEPS ABOVE, CREATE DANCE AND DESCRIBE DANCE MOVES BELOW

1. DANCE STEP CARD: _____________________
   DESCRIPTION: ______________________________________________________________________________________
   _______________________________________________________________________________________.

2. DANCE STEP CARD: _____________________
   DESCRIPTION: ______________________________________________________________________________________
   _______________________________________________________________________________________.

3. DANCE STEP CARD: _____________________
   DESCRIPTION: ______________________________________________________________________________________
   _______________________________________________________________________________________.

4. DANCE STEP CARD: _____________________
   DESCRIPTION: ______________________________________________________________________________________
   _______________________________________________________________________________________.

5. HAND MOVEMENT: _____________________
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<thead>
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<th>Rubric</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge</td>
<td>I was not able to complete the steps of the dance listed on the sheet.</td>
<td>I made multiple mistakes throughout the entire dance and was confused about what dance steps to do when.</td>
<td>I made one or two mistakes or hesitations with the steps or transitions of the dance but quickly correct my movements and continue with the dance.</td>
<td>I can repeat the dance smoothly multiple times in a row throughout the song. Each set of steps smoothly transitions into the next.</td>
</tr>
<tr>
<td>Rhythm</td>
<td>I am unable to move to the beat of the music.</td>
<td>I have difficulty keeping my dance steps on the beat of the music.</td>
<td>I am on the beat or am able to find the beat after a mistake or transition.</td>
<td>I stay on the beat of the music the entire time and help to lead my group by counting out loud.</td>
</tr>
<tr>
<td>Collaborate</td>
<td>I often argued with my group over various parts of the dance and often refused to participate during the dance practice and performance.</td>
<td>I offered few ideas of my own but was willing to follow some of my group’s ideas with occasional arguing and often acted silly and off task during the dance practice and performance.</td>
<td>I was an active, respectful member of my group, gave ideas and feedback to my group about the dance, and gave my best effort during the dance practice and performance.</td>
<td>I was a leader of my group. I respectfully gave multiple ideas and feedback and kept my team organized and on task during the dance practice and performance.</td>
</tr>
</tbody>
</table>