

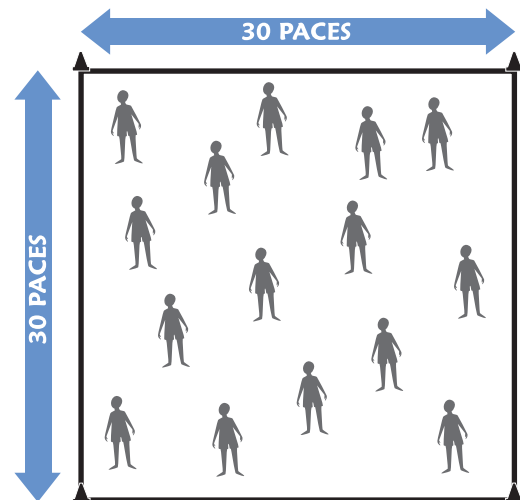


Ready...

- Music: “5-6-7-8” (SPARK 3-6 Music CD, #7)
- Music player
- 4 cones (for boundaries)

Set...

- Create large (30X30 paces) activity area.
- Scatter students in area.
- 5-6-7-8 Prompt Page (SPARK Instructional Media CD).



GO!

1. The object is to perform a line dance using an “add-on” format.
2. On music, move throughout our area. When the music stops, find a partner.
3. This is your “Jumping” partner. Together, jump 4X and say “5,6,7,8” (4 counts).
4. On music, leave your partner, and move again. When music stops, find a new partner.
5. This is your “Grapevine” partner. Grapevine step R (step R, L behind, R, touch L) then Grapevine step L (step L, R behind, L, touch R) (8 counts).
6. Move on the music. When it stops, find a 3rd partner.
7. This is your “Skating” partner. Together, skate slowly by sliding R foot forward, then L foot forward, R foot forward, L foot forward (8 counts).
8. Move on the music. When it stops, find a 4th partner.
9. This is your “Hip” partner. Touch your R hip with R hand, L hip with L hand, R glute, L glute, clap 2X, “Raise the Roof” (push hands from shoulders to sky) 2X (8 counts).
10. Move on the music. When it stops, find a 5th partner.
11. This is your “Back-walking” partner. Together, backward-walk 4 steps, counting “1,2,3,4” (4 counts).
12. Now, we’ll play the music, and combine all the steps. The music has a prelude, then on cue, “5,6,7,8,” begin jumping.

CUES

- ★ Find partners quickly.
- ★ Move to the beat.

★ Jumping Jacks

Substitute 2 jumping jacks for 4 jumps.

★ Super Fitness

Change steps to the following: 2 jumping jacks; 2, 3-step turns; 2 burpees; 8 skier jumps; and 2 reverse lunges.

★ Your Twist

To any of the above variations, add your own twist to the dance on direction changes.



HOME

Teach this activity to someone at home (your sister, brother, mom, dad, aunt, uncle). Choose your favorite music. One of you stops the music when it's time to work with your partner. You won't have a new partner each time, but take turns inventing a new step. Each time you meet, repeat the steps you have done before adding another.

● STANDARDS ADDRESSED

DANCE

#1, 2 Perform line dance

#6 Cardiovascular fitness

#3, 4, 6 Participates,

- appreciates, enjoys rhythmic movements

Your State (Write in here)

●

TONY'S TIPS

- When all students do the dance together, provide cues 1-2 beats before each move.
- Make copies of the 5-6-7-8 Prompt Page, and allow students to work independently with the directions in hand.

NOTES

