

DANCING WITH THE “KIDS”

The following list is a brief description of “kids” dances with music recommendations.

1. Paper Shake- Using regular copy paper...shake it, throw it, crumble it, clap it...just follow the leader and make it up as you go along! Music- “I’m Gonna Get You” by Bizarre Inc. followed by “Children” by Robert Miles. For Christian groups, use “Big House” by Audio Adrenaline”
2. Paper Plate Twister- Use 2 plates or pieces of paper...follow the leader as above, doing the Twist during the Twisting the Night Away part. Music- “Twisting the Night Away” by Sam Cooke
3. Muscle Twist- Use 2 paper plates (or nothing on a good floor)...4 muscle poses and then twist. Music- “Jailhouse Rock” by Elvis
4. Bunny Hop- Try it to “All Shook Up” by Elvis (2 R heels, 2 L heels, hop forward, hop back, hop 3 forward)
5. Sticky Popcorn- When the popcorn starts popping in the song, the group bounces (jumps) up and down. The leader calls out numbers indicating how many must bounce together shoulder to shoulder. Music- “Popcorn” by Hot Butter
6. Peanut Butter Jelly Time- Follow the words of the song and go to it! Music- “Peanut Butter Jelly Time” by Buckwheat Boyz (short version only!)
7. Fishin’ Circle- Groups of 4 to 8 form a circle and imitate the leader in the middle. When the leader wants to change, they “throw out a fishing line” and reel a new leader into the middle. Music- Anything with a good beat! I like “Play that Funky Music” by Wild Cherry
8. Redneck Dance- Using “Dueling Banjos” by Eric Weissberg and Steve Mandel; teacher leads...and the group follows. Everyone does elbow swings during the chorus.
9. Partner Mirror- One partner does slow movements and the other mirrors the exact movements. Music- “Getting to Know You” by James Taylor
10. Itsy Bitsy Spider- Using Little Richard’s “Itsy Bitsy Spider”...do a spider dance during the piano part. Do the Itsy Bitsy Spider movements during the part where Little Richard sings. Any other parts of the song...make it up (play air piano, bounce up and down, lay down and do leg dancing, etc.)
11. Hokey Pokey Shuffle- Play any version of the Hokey Pokey (Little Richard has a great version), and have students in circles of at least 4 but no more than 6. Every time “You do the Hokey Pokey and You Turn Yourself Around” everyone must switch circles.
12. Foot Dancing- Everyone seated, leaning back on their hands so that the feet are free to dance (to any good music). Foot Dancing is a lead and follow activity that is brutal on the abs! Tap them on the floor, clap them in the air, wave them in the air, etc.
13. Lummi Stick Routine- The leader starts with a 4 count tap and the class follows. Keep the beat even and use some good music (I like “La Fiesta” by Wil Smith).
14. Hip-Hop Tooty Ta, by Jack Hartman...Play it and follow along...easy to follow!

15. Continental Drift/Sid Shuffle, from the movie Ice Age...check out the video on YouTube...easy to learn/teach and easy to follow if you use the video.
16. The Learning Circle – Begin with everyone in a large circle while playing music with a good steady beat. Start with easy clapping to the beat, and then add faster, slower, funkier clapping. Next add steps by having students watch and move (demo and follow). Some suggestions...step together right/left, 2 steps right/2 steps left, grapevine right/left, delayed grapevine right/left, shimmy right/left, 4 step spin right/left, forward 4 steps/back 4 steps, 4 count slide right/left, roll hands high/low, wave hands right/left (one count and two count), disco points high/low...etc.
17. Rock Paper Scissors Dance – After teaching an easy line dance (Cupid Shuffle), have all of the students gather at a distance from the “dance floor” and begin the rock, paper, scissors challenge. Students may join the teacher (or selected student) on the dance floor after winning 6 (or more) games of R/P/S against 6 different people. The game begins when the music starts.
18. Burpee Dance Circle (a twist on musical chairs) – Students begin dancing in small group circles. When the music is turned off, everyone does a burpee...the first one in each group that finishes the burpee is allowed to move to a new circle.
19. The Spot Dice Dance – When the music begins, students move to any of the numbered (1 – 6) poly spots to dance (great with the Hokey Pokey). When the music stops, a dice is rolled and you are out if you are at the number that was rolled. Students then dance to a new number and continue the process. Students who are out go to the middle circle and continue dancing (welcoming new people into their circle each round). How long can you stay in the game?
20. Group Dance Contest (Bits and Pieces) – Simply have students in small groups compete to see who the best dancers are. We use this as an assessment piece at the end of the unit to evaluate what has been taught/learned. We play the song and the students need to know...what it is, how to do the dance that goes with that song, and be able to correctly perform the dance.
21. Class Assessment – We like the group idea from above, however we know that if there is a weak group...all will suffer...so, we also like to play the music (usually for specific line dances) and assess students on an individual basis in the large group. This is a quick, fair, and easy assessment of each student, but more importantly we get feedback on the learning cycle (how did **we** do...not how did **they** do).
22. Mini Teach – Students make up their own dances in small groups, and then teach it to at least two other groups. It helps to give the students a rubric or list of expectations to follow (example – 3 different steps, repeated 3 times, following the beat/rhythm of the chosen music). This should be quick, simple, fun, and easy to teach/follow!
23. Big Fish/Little Fish – Music – Sandstorm by DaRude...try one of the following, or make up your own, or have students make one up.

Big Fish/Little Fish X2	Big Weight/Little Weight X2
Cardboard Box X2	Jumping Jacks X2
Heavy Shopping X2	Heavy Lifting X2
Looking Through the Wardrobe X2	Kettlebell Swing X2

Climbing Up the Flagpole X2
Banging on the Window X2

Climbing Up the Long Rope X2
Getting Stronger X2

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