

# TEACHER DANCE NOTES

## Christy Lane Enterprises

P.O. Box 4040 Palm Springs, CA 92263

[www.christylane.com](http://www.christylane.com)

### *Tips for Teachers:*

1. Know the difference between performing arts dance vs social dance.
2. Motivate or discipline.
3. Play music that students can relate to.
4. When working with diverse ability levels, work with the lower level.  
(More advanced students will add their own style).
5. Teach easy rhythm dances to elementary level:
  - a. Chicken Dance, Limbo, Hand Jive
  - b. Progress to easy line and partner dances and multicultural folk dances
6. Teach line dance to middle school level first:
  - a. Electric Slide, Bus Stop, New Electric Slide
  - b. Progress to partner dances
7. Teach partner dances to high school and adult level.
  - a. Swing, Salsa, Cha-Cha, Merengue
  - b. Progress to current line dances, partner dances and multicultural folk dances.

### **Teaching Rhythm from A-Z:**

1. Locomotor moves:
  - a. Begin by having students walk across the floor in lines with each line walking across the floor every 8 counts. Use current music or disco music at about 120 beats per minute.
  - b. Teach basic rhythm by having students walk on the beat.
  - c. Repeat walk focusing on chest lifted and eyes looking straight ahead.
  - d. Walk backwards on the beat.
  - e. Walk forward for 4 counts, then backwards for 4 counts turning sharply on every four counts.
  - f. Walk forward 4 counts, sideways 4 counts, backward 4 counts, sideways 4 counts.
  - g. Walk forward for 4 counts, then perform a full turn (360 degrees).
  - h. Turn again focusing on the power of shoulders while turning and focusing "spotting" with eyes.

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- i. Have students perform a continuous grapevine stepping on each count beginning with the R foot.
- j. Repeat beginning with the L foot.
- k. Perform the grapevine twice as fast ("double time") focusing on being "light" on the feet.
- l. Walk forward for 4 counts,  $\frac{1}{4}$  turn L and grapevine for 4 counts.
- m. Walk forward for 4 counts,  $\frac{1}{4}$  turn R and grapevine for 4 counts.
- n. Perform a triple step in 2 counts of music, and triple step with the other foot in two counts of music (shuffle or skip).
- o. Perform the triple step again traveling backwards.
- p. Change the music to a waltz and walk across the floor with a 1-2-3 rhythm stepping on each count.
- q. Waltz backwards (focus on 6 counts instead of 8 counts).
- r. Change the music to a polka and polka across the floor.
- s. Polka step traveling backwards.
- t. Change the music to a Foxtrot and Quick, Quick, Slow, Slow across the floor.
- u. Foxtrot step traveling backwards.
- v. Change to Swing dance music and walk quick quick slow slow at a faster pace
- w. Swing step traveling backwards.
- x. Change music to a Cha-Cha and walk forward R, L, then "cha-cha-cha" (R, L, R).
- y. Cha-Cha step traveling backwards.
- z. Have students learn different steps from the line dance you are about to teach. Slowly add the the steps together. Then everyone gets out of lines and faces the front of the class and learns the line dance in its entirety.

### Preparing the Body:

1. Warm up the major muscle groups when doing the locomotor moves above by walking for four counts, then shaking the hips side to side. Next, walk four counts, then move shoulders forward and back in opposition. What works well

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with young children is to walk forward for four counts then, let the body move (improvisation) for four counts. It's a great way to wake up the body!

2. If time, warm up the lower extremities by stretching the calves, hamstrings, groin and quad areas.

3. Rotate the neck side to side and ear to shoulder before attempting these turns to help students get "balanced".

- a. Begin by facing front and performing a grapevine to the right and left
- b. Grapevine L, then 3 step turn R to R
- c. Grapevine L, then double turn to R
- d. Grapevine R, then 3 step turn L to L
- e. Grapevine R, then double turn to L
- f. Grapevine L, grapevine R, then turn to L, then turn to R
- g. Repeat above with double and triple turns
- h. Repeat emphasizing the shoulders
- i. Repeat emphasizing the eyes focusing
- j. Repeat emphasizing arm control

### Teach some line dances:

1. Teach a line dance slowly and then add on more sections of the dance:
  - a. Electric Slide, New Electric Slide, Wild Wild West, Old School Slide, Xtreme Slide
2. Then increase the speed of the tempo of the music.
3. Always teach facing forward until the students have the dance.
4. Teach portions of the line dance when performing across the floor locomotor moves described above.
5. Combine a few line dances together to create one long routine.

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### 1950's Dances

**Swing - Easy swing** (see routine below). Eight count swing. ( Basic = Step side, side, back, together). "Rockers" start on R foot, "Rollers" start on L foot. Repeat facing each other. Hold hands. Pattern is: 2 basics, 2 circles, Rockers under the R arm, "rewind", 1 circle, Rollers under the arm, Rollers do the pass to a handshake.

**Eight Count Swing** - 2 Basics (side, side, back, forward), 2 Around the World, Rockers go under, Rockers return, 1 Around the World, Rollers go under, Behind the Back Pass, Handshake & Improvisation

**East Coast Swing** - 6 counts= Slow, Slow, Quick, Quick (side, side , back, forward). Same as above only different rhythm

### ***Swing Dance Music Favorites***

(Slow to Fast)

"Tuxedo Junction" by Glen Miller

"In The Mood" by Glen Miller

"Zoot Suit Riot" by Cherry Poppin Daddys

"The Walkin Blues" by Royal Crown Revue

**Hand Jive** - Slap 2 - clap 2 - palms over 2 - palms under 2 - fists over 2 - fists under 2 -Hitchhike R 2 - Hitchhike L 2 (repeat and do fast!)

**Stroll** - Partners grapevine facing each other while 2 dancers weave down the center

**Interactive** - Conga and Bunny Hop and hula hoop contest

**Routine** - Jump out and yell the numbers to Rock Around the Clock - Clap hands four times as you run and face partner - hand jive facing partner - go around the world - under the bridge - spin in and out and pose

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## **50's Dance Music Favorites**

"Rock Around the Clock" by Bill Haley and the Comets

"Hound Dog" by Elvis Presley

"Great Balls of Fire" by Jerry Lee Lewis

"Stroll" by the Diamonds

"Tuxedo Junction" by Glen Miller

"Chattanooga Choo Choo" by Glen Miller

"In The Mood" by Glen Miller

"Sing, Sing, Sing" by Bennie Goodman

## **1960's Dances**

**Line Dance Routine** - Twist, Jerk, Monkey, Pony, Swim, Skate, Hitchhiker, Surf the Wave. Solo dancers can demonstrate pulling their baggie pants out, flipping their bushy hair or do some tumbling.

**Interactive** - Usage of material for wave, beach balls, surf board and hula hoops as props

## **60's Dance Music Favorites**

"Surfing' USA" by the Beach Boys

"Louie Louie" by the Kingsmen

"Wipe Out" by Surfaris

"The Twist" by Chubby Checker

## **1970's Dances**

**Bus Stop** - Walk bk 4, Fwd 4, Walk R 4, Walk L 4, Jump fwd 2, Jump bk 2, Jump fwd 1, Jump bk 1, Click heels 2, R heel pump fwd 2, Bk 2, fwd 1, Bk 1, side 1, Quarter turn L

**Night Fever** - 4 Walks bk, Fwd, R, L, Kick R leg 2 times, Skate 4, Point 4, Roll arms 2, Click heels 2, R heel fwd, Bk, Side-Quarter turn L

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**Interactive** - YMCA, Bump, Freeze dance

**Routine** - Travolta pose and freeze, walk to place, perform Night Fever, Electric Slide and Bus Stop together to create a routine.

### **70's Dance Music Favorites**

"Electric Slide" by Melinda Johnson

"Y.M.C.A." by the Village People

"Get Down Tonight" by K.C. & the Sunshine Band

"The Hustle" by Van McCoy & the Soul City Symphony

"Staying Alive" by the Bee Gee

### **1980's Dances**

**Electric Slide** - Walk (or slide) R (4 counts) - L - Back - St L fwd - Tap (or slap ground) R - Step R bk -tap L - St L fwd - small kick R and quarter turn L

**Funky Line Dance** - (Enter with the moonwalk or "poppin" ) Cabbage Patch - Running Man - Walks R L - Step stomp - Hammer kick - Hammer jump - Turns R and L - Egyptian arms -Poppin' - Robot - Uprockin' - Breakdancing

**Thriller Routine** - please go to [www.thrilltheworld.com](http://www.thrilltheworld.com) for complete instructions.

**Interactive** - Improvisation and Choreography and Staging

### ***80's Dance Music Favorites***

"The Power" by Snap

"Everybody Dance Now" by C&C Music Factory (Gonna Make U Sweat)

"Get Up" by Technotronic

"Billie Jean" by Michael Jackson

"U Can't Touch This" by M.C. Hammer

"Whoop! There It Is!" by Tag Tea

"Thriller" by Michael Jackson

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### 1990's Dances

**Mambo No. 5** - (Chorus) Tap R forward, tap L forward, tap R forward, tap L forward/ step L and move hips L and R 4 times/ monkey arms R,L,R,L/ meringue R,L 4 times while  $\frac{1}{2}$  turn R/ (Verse) Hands up/slap thighs/hip roll R/ roll head L and R halfway/hands up/slap thighs/step L tap R next to L/step R, tap L next to R/step L forward/step R next to L/step L to L/ tap R next to L/ step R and clap hands over L shoulder, clap hands twice over R shoulder/ snap fingers L and snap fingers R/ (Instrumental) Either create your own dance or do the swing combination below.

**Slappin' Leather** - Heels R - L - R - L - Point R foot R - L - R - L - Heel fwd 2 - Heel bk 2 - Heel fwd 1 - Heel bk 1 - Slap L foot in bk - Slap R foot in bk - Slap L foot in front - Slap R foot in front -  $\frac{1}{4}$  turn L - Grapevine R - Grapevine L - Walk Bk 4 - Walk front 4

**New Electric Slide** - R side in slide R together - repeat on L - R fwd 2 - R bk 2 - R fwd 1 - R bk 1 - R front - quarter turn R - 2 box steps - jump and clap (try this to Latin, techno and big band!)

**Latin Dancing** - When working with K-3, you can always do the Conga, Limbo, Macarena with all its variations. Older students enjoy the Cha-Cha and Salsa.

- a. Teach the rhythm of the music...clap it out.
- b. Salsa line dance (inc. steps used in partnering)
- c. Merengue (easiest of the line dances)
- d. Macarena

### **SALSA LINE DANCE**

Step forward on L, R back, L back, hold  
Step R back, L forward, R forward and hold  
Repeat  
Step L to L, R in place, L together and hold  
Step R to R, L in place, R together and hold

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Repeat

Step L forward, turn full turn R on R, feet together and hold

Step R back, L in place and feet together and hold

Repeat

Step L behind R, step R in place, step L to L, hold

Step R behind L, step L in place, step R to R, hold

Repeat

Step L to L, step R to L, step L to L and hold

Step R to R, step L to R, step R to R and hold

1/4 turn L

Repeat

(Begin dance from the beginning).

## **MERENGUE**

1. Face partner, review open, closed arm positions
2. Walk in place with men starting on their L foot and ladies on their R foot.
3. Move hips back and forth working on rhythm
4. Men walk forward for 4 steps, women walk backward for 4 steps
5. Men and ladies walk apart for 4 counts
6. Ladies go under the men's arm for 4 counts (turning R)
7. Men and ladies walk side to side in unison for 4 counts
8. Try various arm patterns and return to original position

## **90's Dance Music Favorites**

"Mambo Number 5" by Lou Bega

"Achy Breaky" by Billy Ray Cyrus

"Macarena" by Los Del Rio

"Salsa, Congo, Macarena Music" Christy Lane's Latin Dance CD

## **2000 Dances**

**Old School Slide** - Walk R four times, walk L four times, walk back 4 times, walk forward 4 times, do the football to the R for 4 counts and clap on the count of 4, repeat the football to the L, put R heel forward, put R heel back, put R toe to the side, 1/4 turn to the L, shake hips R twice, then shake hips L twice. Repeat from beginning.

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**Cupid Shuffle** - Step together step to the right (4 times), step together step to the left (4 times), R heel forward, R foot next to left, L heel forward, L foot next to R (2 times), waddle R, L, R, L, R, L, R, L while turning 1/4 turn to the L. Repeat.

**Booty Dance (also known as the Mississippi Slide)** - Grapevine R, grapevine L, walk back 4 counts, hop forward and shake for 4 counts, stomp R foot and shake 4 counts, stomp L foot and shake 4 counts, box step, box step with 1/4 turn to the L. Repeat.

**Extreme Slide** - 4 step stomps, 4 slides, walk R doing the Harlem Shake, walk L doing the Harlem shake, snake to the R, L, R, L, stomp R forward and hold one count, stomp L forward and hold one count, stomp R forward, bring R to L, stomp L forward, bring L to R, walk back for 4 counts, do the lasso for 4 counts as you 1/4 turn to the L.

**Move It Like This** by Baha Men (for the little ones)

### Part 1

Clap 4 times

Shake upper body

Clap 4 times

Shake middle body

Clap 4 times

Shake lower body

Taebo rolling arms right

Taebo rolling arms left

Supreme's point with R arm, then L arm

### Part 2

Jump forward and back w/ shake 2 times

Wash car (circle right arm right, circle left arm left)

Walk in a circle and sit in car

Drive car right and left (lean right and left)

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Stomp right, left, right, left (on last 2 stomps wave goodbye)

Drive out of driveway (walk back 4 steps)

Do the twist and grapevine to the right and left

### One Step Forward Line Dance

Music: One Step Forward and Two Steps Back by The Desert Rose Band

Step L forward, tap R next to L

Step together, step back (R, L, R, tap L)

Step together, step L (L, R, L, tap R)

Step R forward, tap L next to R

Step together, step back (L, R, L, tap R)

Step together step R, 1/4 turn R

Repeat all

### Die Another Day (James Bond Soundtrack) by Madonna

#### Part 1 (Kung Fu Part)

Bow to Partner

Bow to Audience

Searching dragon to right (palm to face), then left, punch right, left, right

Block right (wax on, wax off), left, right, left, hands to side

Turn in place on one foot and end facing front while pulling arms in to side

Punch right, left, right, punch left, right, left

Block right, block left, block right, block left

Kick front left, right, left, then right

#### Part 2 (Hip Hop Part)

Step stomp

Step Knee Lift

Slide R, Slide L

Football R, Football L

Pop R, Pop L

Sprinkler Head

Standing Push Up

**Freestyle Dancing** - Step touch, step in front, step in back, step together  
step, touch side together, touch front together.

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## ***Suggested Music***

"The Way I Am" by Timbaland

"Cupid Shuffle" by Cupid

"Cha Cha Slide" by Casper

"Sweet Escape" by Gwen Stefani

"Jump" by Nelly and Flo Rida

"Replay" by Iyaz

"Fire Burning" by Sean Kingston

"I Gotta Feeling" by Black Eyed Peas

"You Belong To Me" by Taylor Swift

"County Line" by Sugarland

"This One For The Girls" by Martina McBride

## **Ballroom**

Know the difference between rhythms of foxtrot, swing, cha cha, waltz, and polka. Discuss 6 and 8 count rhythms and the terms "quick and slow". Have the students form a circle and travel counter clockwise in the circle. Teach the rhythm of fox trot (slow, slow, quick, quick ), cha cha (1-2,3&4 ), waltz (1,2,3 1,2,3), polka (1&2, 1&2). Teach the basic step patterns across the floor solo in lines (like a drill team). Then teach the "line of dance" with guys on the inside and girls on the outside. Dance solo in the line of dance. Then teach basic arm positions: open, closed, promenade, sweetheart and proper hand positioning. Practice as a couple all the dances in the "line of dance". Add one arm pattern at a time depending on ability level of students.

## **Multicultural Folk Dancing**

**Hora (Israel)** - Step L, Kick R, Step R, Kick L, Step L, R, L, R traveling L. Teach facing teacher in line before getting into circle. Teach slow, then faster tempo.

**Hukilau (Hawaii)** - Teach hands (describing the actions of the words) first, then teach Step, Together, Step foot pattern 2<sup>nd</sup> before performing them together.

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**D'Hammerschmiedsgselln (Germany)** - Clap thighs, Slap rib cage, Clap hands, clap partner's R hand, Clap partner's L hand, Clap both hands with partner. Repeat the clap-slap combination until the music changes. On chorus, step hop for 16 counts with everyone joining hands. Repeat the clap slap combination. On the chorus, perform step hop pattern with everyone's hands in middle to form a star. Repeat the clap-slap combination. Repeat the step hop pattern with hands on shoulders.

**Highlife (Africa)** - 4 Step-Together-Steps to the R, Repeat L with sawing arms, 4 Step-Touches Forward and Back, 4 Step-Together-Steps to R with praying Arms, Take it down for 4 counts, Repeat to L, Take it down for 4 counts, Repeat 4 Step Touches Forward and Back, Paddle turn in Circle.

**Yanko (China)** - Figure 8's, Runs to side, Runs in circle, Half peaches, Half peaches with quarter turns, Moving figure 8's, Backward Running Steps, Turn, Ending Posture.

**Virgina Reel (USA)** - Walk to Partner, Forward and bow, Right elbow swing, Left elbow swing, Two hand turn, Do-si-do, Sashaw Down and back, Reel the Set, Cast off and follow the Leader, Go through the arch. Repeat entire with new head couple.

**Tinikling (Philippines)** - Basic Figure (Hop inside R, inside L, outside R, outside L) 4 times, Basic Figure with a Turn (repeat 3 steps of basic figures, then half turn to the right taking 3 steps) 2 times, Heel and Toe Figure (touch the R heel in between the poles, then the R toe, hop over the poles onto the R foot) 4 times, Hopscotch Figure (jump in between the poles on both feet twice, then jump outside of the poles on both feet for one count) 2 times.

## **Square Dancing**

Here are the descriptions of the most popular square dance calls. Mix and match them anyway you want!

**Circle to the Left:** Dancers join hands to form a circle, face slightly left as directed and move forward around the circle as indicated.

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**Circle to the Right:** Dancers join hands and face slightly right as directed and move forward around the circle as indicated.

**Left Allemande:** Dancers extend left arm to their corner and take a forearm grip (fingertips near elbow) with the ladies' arm on top and men's arm on the bottom. Turn CCW in a small circle and return to original position ending facing your partner.

**Right and Left Grand:** Face partner and join right hands. Walk past partner and extend left hand to the next person. Pull each successive dancer by with alternating hands. Continue this pattern until you either reach your partner again or until you are directed to go home when you meet your partner the second time. Usually a *promenade* follows this call.

**Promenade:** A CCW walk with partner around the entire square and back to the original home position unless otherwise directed to go half way or 3/4 around the circle. The men are on the inside of the circle with the men's right shoulders next to ladies' left shoulders. The handhold is right-to-right and left-to-left with the right hand above the left. At the end of the promenade the couple turns to face the center of the set.

**Single File Promenade:** From *Circle Left* or *Circle Right*, the dancers drop hands and turn to walk in a single file in the direction they were moving. If just the ladies are called to promenade, they would step into the middle of the square, turn right and walk single file around the center of the square one revolution. Same for men. Unless otherwise directed, all promenades are CCW.

**Right and Left Thru:** Facing opposite couples walk forward toward each other, join right hands and pull the opposite dancer by passing right shoulders ending on the other side of the square. A *Courtesy Turn* completes this call.

**Courtesy Turn:** The man extends his left hand across his body and takes the lady's left hand, places his right hand in the small of the lady's back and gently pushes the right hand to turn the couple 180 degrees to face the center of the set.

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**Ladies Chain:** The ladies will step into the middle of the square and join right hands to form a right hand star. The hands can be overhead, the head touching the fingertips, or shoulder height putting palms over palms or by grabbing the skirts and touching skirts with the right hand. They walk CW as far around the circle as directed by the caller, usually 1/2 or 3/4. When the ladies reach their destination, the men will *Courtesy Turn* the ladies.

**Two Ladies Chain:** Same as *Ladies Chain* only with two designated ladies instead of four.

**Men Star Right:** Four men step into the middle of the square and create a star with the hands by grasping the wrist of the man in front. The men walk around the square CW, always turning their star 360 degrees.

**Dosado:** Facing their partners, dancers walk towards their partner and pass right shoulders. Without turning around, each dancer moves to the right, passing behind the other dancer. Then the dancers walk backwards passing left shoulders and returning to the starting position.

**Right Arm Turn (Turn Partner by the Right):** Similar to *Left Allamande* but using right hand with partner. Upon completion, dancers are usually facing their corner.

**Backtrack:** This always follows a *single file promenade*. The identified dancers will step outside the set and walk around in the opposite direction.

### For the Very Young Ones:

Turn One Alone - Turn around themselves.

Honor a Partner - Bow to partner.

Do the Corral - Stomp, clap, stomp until next call

Lasso - Stomp and circle hand overhead at the same time

Tumbleweed - Sit and sping on the floor

Cyclone - Turn around twice and continue walking

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### Cotton-Eyed Joe

This dance may be danced with 2, 3, or 4 people side-by-side holding hands or putting arms around waists. It is performed in a circle facing the line of dance. Usually the arms are in the sweetheart position if performed with partners. Men and ladies do the same footwork.

Counts 1-4 Stomp or hook L, kick L, shuffle back L (step L back, step R together, step L back)

Counts 5-8 Stomp or hook R, kick R, shuffle back R (step R back, step L together, step R back)

Counts 9-12 Repeat counts 1-4

Counts 13-16 Repeat counts 5-8

Counts 17&18 Shuffle forward L (step L forward, step R together, step L forward)

Counts 19&20 Shuffle forward R (step R forward, step L together, step R forward)

Counts 21-32 Repeat counts 17-20 three more times

### ***Suggested music***

Cotton-Eyed Joe on Christy Lane's Party Dance Music

Cotton-Eyed Joe by the Rednex

### Barn Dance Mixer

This dance is performed in a circle in the line of dance with the men on the inside and women on the outside facing the line of dance. Partners begin by facing each other.

Counts 1 - 4 Men step L to L, step R together, step L to L, tap R. Ladies step R to R, step L together, step R to R, tap L

Counts 5-8 Men repeat to R, ladies repeat to L

Counts 9 - 16 Men and ladies repeat counts 1-8

Counts 17-24 Men and ladies face the line of dance and both perform 4 step hops

Counts 25-32 Men and ladies grapevine away from each other and grapevine towards each other.

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End facing partner on count 32.

This dance becomes a mixer when the ladies take a new partner coming from the left after count 28 and men take a new partner coming from their left after the same count. Performed originally to country music, this dance now is performed to many different types of music from hip hop to swing!