

509J Elementary PE Rhythms Sharing Session- November 2008

Order of Songs on the CD

1. Celebration
2. YMCA
3. All Night Long (Corkscrew)
4. Los Machetes
5. Hawaiian Roller Coaster
6. Les Saluts (Canada)
7. Pata Pata
8. Pata Pata (version 2)
9. Rhythms of the Highlife (Ghana)
10. Irish Jig (Ireland)
11. Irish Stew (Ireland)
12. Tropanka (Bulgaria)
13. Respect
14. Hamster Dance
15. Tony Chestnut
16. Hukilau (Hawaii)
17. Agado

1. CELEBRATION LINE DANCE – Greg (learned from John Bennet)

Music: “Celebration” by Kool and the Gang CD: Pure Disco Vol. #1

Formation: Scattered or lines (4 wall dance)

Cues: Point 2 (right arm palm down point 2xs to R)

Point 2 (left arm palm down point 2xs to L)

Over 2 (right arm palm up point 2xs to R)

Over 2 (left arm palm up point 2xs to L)

Hitchhike 2 (right thumb point 2xs over R shoulder)

Hitchhike 2 (left thumb point 2xs over L shoulder)

Roll Down

Roll up

Cross 2 (R hand point to L knee 2xs)

Cross 2 (Lhand point to R knee 2xs)

Thigh (R hand slap L thigh 1x)

Thigh (L hand slap R thigh 1x)

Hip (R hand slap R hip 1x)

Hip (L hand slap L hip 1x)

Jump in place 3xs

Jump 1/4 turn to right and repeat dance

2. YMCA -Dale

Music: YMCA by The Village People

Class should be all facing the same direction in the gym, personal space, at least an arms length apart.

Begin by marching in place with the beat of the music.

When the vocals begin all side step the same direction

8 side steps right

8 side steps left

8 side steps right

Raise 1 hand up to shoulder, palm facing away

Raise other hand up

Turn in one hand towards center

Turn in other hand

Lower one hand to side

Lower other hand to side

Repeat above

Two thigh hits

3 hand claps

Make fists and roll, bending over slightly

Come up with Y-M-C-A arm movement

Repeat

During chorus, dance on your own, in your own space, monkey, twist, etc

Start at top and repeat

3. CORKSCREW- Jay

From USA (I learned this at Jr. Hoolyehs folk dancing in Corvallis. Its origins before that are cloudy but it's a good dance to learn before other reels or contra dances.)

Music: *All Night Long* by Asleep at the Wheel, **or** any long hoedown tune, reel or jig, **or** your choice of contemporary music with a good quick beat.

Formation: Longways set (like a Virginia Reel), as many as will (I recommend even sets of four or five couples.)

Teaching notes: Teaching the first three calls may be enough for some groups (stop at the thick line). The dance can repeat over after those calls. At Mt. View last year, all of the second graders and most first grade classes learned the whole dance.

Call [say this]	Action
Top couple slide down and back	Most clap, facing partner across the set. The couple closest to the music (<i>top of the set</i>) holds two hands and slides 8 counts between other couples, then reverses direction and slides back to their place.
Single arch: over the top	Top couple holds one hand arched high. Walk down the set with the arch passing over the heads of the gents' side. Turn at the bottom; come up the other side, arching over the ladies' side.
Corkscrew	Top couple passes around the next gent down the set (2 nd gent), then across the set between his partner and the lady below (3 rd lady). They turn around that lady, then cross the set again to turn around the gent below (4 th gent). This zigzag pattern continues until they arrive at the bottom of the set.
Slide back up and cast off.	Top couple slides to the top, then separates. All dancers face the top. The top couple leads each side of the set to the top then to turn outside, peeling like a banana and walking down the outside of the set.
Arch at the bottom, walk up to your spot.	The top couple forms an arch at the bottom of the set. Every dancer walks around the outside of that arch, meets his or her partner below and comes up through the arch to their new place. The former top couple now stays at the bottom.
	The dance repeats until the music is over or every couple has had a chance to be top couple.

4. LOS MACHETES- Mexican Folk Dance- Cathy

Organization:

- Form a Circle in the gym
- Each student has two lummi sticks

One Time...

1. March and Tap Clockwise (16)
2. March and Tap Counterclockwise (16)

Repeat 4 Times...

1. Under-Tap, Over-Tap (Right Leg)
2. Under-Tap, Over-Tap (Left Leg)
3. Back-Tap, Front-Tap
4. Front-Tap-Tap-Tap

Two Times Each Side...

1. Right Arm Up in Air- Twirl while stepping to the Right (step together) (1&2&3&4 Whack!) Repeat.
1. Left Arm Up in Air- Twirl while stepping to the Left (step together) (1&2&3&4 Whack!) Repeat.

End with arms up in the air, then tap the ground

5. COOL LINE- HAWAIIAN ROLLER COASTER- Cathy

Hawaiian Roller Coaster Ride- Marc Keali'i Ho'omalulu and Kamehameha Schools
Lilo & Stitch- Island Favorites- Developed by Oregon State University MS Physical Education
Teacher Education Students, Graduating Class of 2003

First 16 counts: Right- Step together step touch, 2 cabbage-patch arms (closed fists with arms chest high, circle arms around 2 times)(8 cts)

Left-Step together step touch, 2 cabbage-patch arms (8 cts)

Next 16 counts: Repeat above

Next 16 counts: Four steps moving backwards, 4 raise-the-roofs (arms bent with palms up, push hands up 2 times to the right and 2 times to the left)(8 cts)

Four steps moving forward, 4 raise-the-roofs (8 cts)

Next 16 counts: Repeat above (backward, forward)

Next 16 counts: 4 swings (we swing our arms and hips to the right, left, right, left and start standing, and get lower with each swing)(8 cts)

Repeat swings (8 cts)

Last 8 counts: Jump/clap (in place), rest (4 cts)

Surf the Wave (4 cts)

6. LES SALUTS

1. 16 steps counterclockwise,
2. 16 steps clockwise.
3. (1-4) Walk in 4 steps, (5-8) Walk out 4 steps:
4. (9-12) Walk in 3 steps and hold bow: (13-16): Walk 4 steps out.

7/8. PATA PATA- Modified (South Africa) (Meg Greiner)

NOTE: Two versions of this song are on the CD. Intro: 16 beats. Formation: Individual, circle, or lines. Music: Weikart Rhythmically Moving #6

Part I

**R TOUCH, CLAP, L TOUCH, CLAP
TOES, HEELS, HEELS, TOES
R UP, AND OVER, UP, AND DOWN
L BRUSH, TURN 1/4 CCW**

Beats

- 1- Touch R sideward right (arms sideward with snap)
- 2- Step R next to L (clap)
- 3- Touch L sideward left (arms sideward and snap)
- 4- Step L next to R (clap) and transfer weight to both feet
- 5- Turn toes out (raise arms, elbows in)
- 6- Turn heels out (lower arms, elbows out)
- 7- Turn heels in (arms as in beat 5)
- 8- Turn toes in (arms as in beat 6)
- 9- Raise R knee in front of body
- 10- Touch R sideward right
- 11- Raise R knee
- 12 -Step R next to L
- 13- Brush left foot and turn 1/4 turn ccw and repeat dance

9. RHYTHMS OF THE HIGHLIFE – (GHANA) - Tom

- 1) 4 step-together-steps to R (R foot out half toe in- flat, half toe) then back L.
- 2) Repeat R and L with sawing arms (look back). 3) Repeat R and L with shake your shoulders.
- 4) 4 step touches forward and back, 5) 4 step-together-steps to R with praying arms, take it down for 4 counts, 6) Repeat to the L, take it down for 4 counts, 7) repeat 4 step touches forward and back, 8) paddle turns in a circle.

10. IRISH JIG (Ireland) (Meg Greiner)

Music: Irish Washerwoman, Phyllis Weikert, Rhythmically Moving CD #3

Formation: Scattered, lines or groups

Cues: heel toe, heel toe switch 16xs

slide right 2, 3, 4, (clap)

slide left, 2, 3, 4, (clap)

walk forward 2, 3, 4, (clap)

walk backward 2, 3, 4, (clap)

walk forward 2, 3, 4, (clap)

walk backward with a turn 2, 3, 4, (clap). REPEAT DANCE.

11. IRISH STEW (Ireland) Meg Greiner

Music: "Rakes of Mallow" from Weikart's "Rhythmically Moving Album 2"

Formation: Small groups in circles about 4 or 5 people, may hold hands or not

Intro: Wait 8 cts.

Cues: Circle (sliding) 2, 3, 4, 5, 6, 7,16

Circle (sliding the other way) 2, 3, 4, 5, 6, 7,16

Jump, Jump, clap, clap

Jump, Jump, Clap, Clap

In (walk into center of circle) 2, 3, 4

Out (walk back out) 2, 3, 4

Repeat

12. TROPANKA- Tom

from Dance A While CD

Part 1- Step and close to the right (side-together-side-together-side- stamp, stamp). Return with the same pattern back to the left. Repeat part 1.

Part 2- Skip to the right and turn to face forward on the stamps (skip and 2 and three, stamp, stamp). Return with same pattern to the left. Repeat part 2.

Part 3- Skip forward and back. (Forward and 2 and 3, stamp, stamp. Repeat going backward. Repeat entire dance.

13. THE RESPECT DANCE (Meg Greiner)

Music: "RESPECT" by Aretha Franklin Jock Rock 2

Formation: Lines – two wall dance

R Gator, Gator, (right foot swivel toe to right and back to center)

Front, side, back, stomp and yell RESPECT

L gator, gator, (left foot swivel toe to right and back to center)

R touch Front, side, back, stomp (yell RESPECT on stomp)

Grapevine to the right

Grapevine to left

Grapevine right with a 1/2 turn (facing opposite wall) and continue with left grapevine.

Note: A new one for us- we will try it soon. This dance was a little unintuitive with the starting foot for the grapevine, especially after the 1/2 turn. It seemed like we were always going the wrong direction. Just need to practice a couple of times.

14. HAMPSTERDANCE- First 8 counts: Face partner, hands on hips, 2 head bobs to R.(cts 1-2)

2 head bobs L (looking at your partner like they are the funniest looking hamster ever) (cts 3-4)

2 head bobs R (cts 5-6), 2 head bobs L (cts 7-8)

Next 8 counts: Grab hands and slide to the side 4 counts (cts 1-4), Slide back 4 counts (cts 5-8)

Next 8 counts: REPEAT

Next 8 counts: Slap thighs 2 times (cts 1-2), clap hands 2 times (cts 3-4), Clap partner's hands 2 times (cts 5-6), touch right hands (count 7) touch left hands (count 8) (cts 7-8)

Next 8 counts: Jump around until back in position (cts 1-8)

Last 16 counts: REPEAT previous 16 cts (slaps/claps, and the "jump around").

15. **TONY CHESTNUT**

Tony Chestnut Knows I Love You- Touch: Toes, Knees, Chest, Head (Nut), Nose, Point to Self, Cross arms in front of your body, point to everyone else. Other Movements: Ilene-lean to one side balancing on one foot, Skip-Skip in place, Russell-rub hands together, Neil-touch knees, Pat-pat thighs, Bob-jump up and down, Hip-stick hip out, End-point behind your body.

16. **HUKILAU (Hawaii)**- Tom

This is a hula. It is about fishing for fish, and having a big fish party after. Feet Part- 4 steps to L, and 4 steps to the R (step, close, step, close).

Oh we are going (hitchhike 2x over L shoulder 1x, other hand on the hip)

To the Hukilau (grab net and pull it 2x on L side, 2x on the R side, 2x on L side)

Everybody (flowing arm circles extend out) **loves the Hukilau** (arms crossed over chest)

Where the Lau-Lau (one hand out for plate, two fingers from plate to mouth- 1x)

Is the Cow-Cow at the big Luau (one hand out for plate, two fingers from plate to mouth- 1x)

Throw your nets (from waist palms out, extend arms) **into the sea** (alternate hands up & down)

Where all the Ama Ama come swimming (hands together Dolphin) **to me** (thumb to chest)

Oh we are going (hitchhike 2x over L shoulder, other hand on the hip)

To the Hukilau (grab net and pull it 2x on L side, 2x on the R side, 2x on L side)

What a wonderful day (rainbow arms overhead) **for fishing** (elbow on hand tomahawk motion)

The old Hawaiian (procedure elbow L) **way** (procedure elbow R)

The Hukilau nets (palms out from waist) **go swishing** (wave hands back and forth at waist)

Down in old Liea Bay (from waist, circle arms around and meet fingertips, palms out)

Final time repeating, just go more on grabbing nets, and finish with bow.

17. **AGADOU** – Australia (Meg Greiner)

Music: Agadou - Black Lace (there is a french and an english version)

FLAIR (fla 107)

Position: Scattered or lines

Agadoo - do -do - jab index fingers forward 3 times

Push Pineapple - pushing movement forward with hands

Shake the tree - Clasp hands together swing over left shoulder and right

Agadoo - do -do - jab index fingers forward 3 times

Push Pineapple - pushing movement forward with hands

Grind Coffee - make circles with hands over each other roly poly movement

To the left - point left arm in air or step to left side

To the right - point right arm in air or step to right side

Jump Up - both arms in the air and jump

And to the knees - bring arms down to knees

Cross over - hands at knees

Shoop during versus two to right and two to left!

Repeat