

# Dances We Know By Heart

**Dance Rules:** Do Your Best  
If you are facing the wrong way, turn around  
**ACCEPT ALL** for partners  
Have Fun☺

**Teaching Tips:** Don't emphasize rights and lefts  
Partners can be anyone, don't demand boys and girls  
Keep instructions short and sweet  
Have students say and do cues

## **Content Standards:**

- 1) Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 5) Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6) Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Reminder:** *“Too much talking makes them blue more of them and less of you!”*

## **AGADOU - Australia**

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

**THE ALLEY CAT (American Novelty Dance - Origin Uncertain)**

Music: The Alley Cat, Christmas Twist - Jingle Bell Rock

Formation: Scattered

Cues: right to the right (side touches)  
left to the left (side touches)  
right back, right back  
left back, left back  
right knee up twice  
left knee up twice  
right knee up  
left knee up  
clap  
and jump  
repeat!!

**THE BUS STOP (modified version)**

Music: Le Freak or any good 4/4 beat music (disco) CD: Pure Disco Vol. #3

Formation: Lines

Cues: back, 2, 3, clap  
forward 2, 3, clap  
side 2, 3, clap  
side 2, 3, clap  
jump forward  
jump back  
jump forward and back  
click, click  
heel, heel  
toe, toe  
front  
back  
side  
turn

Start by walking backward for four counts with a clap on four  
Walk forward four counts with a clap on four  
Turn right and strut sideways for four counts with a clap on four  
Turn left and strut sideways for four counts with a clap on four  
Jump forward, hands up 2cts  
Jump backward, hands down 2cts  
Jump forward and back 2cts  
Click your heels together like Dorothy 2 cts.  
Touch your heel forward twice  
Touch your toe back twice  
Touch your heel forward then your toe back, and then side with a quarter turn to your left. Repeat the dance facing all four walls.

### **CELEBRATION LINE DANCE** (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

### **CHA CHA SLIDE**

Music: Mr. C's Cha-Cha Slide (live platinum band version) from the Cha-Cha Slide, the Original Slide Album

Follow the cues on the music! See enclosed handout for further info.

### **THE CHICKEN DANCE**

Formation: Scattered or partners

Music: The Chicken Dance song

just for fun: <http://www.whydidthechickencrosstheroad.com/the-chicken-dance.htm>

Partners facing each other or in scattered position:

quack, quack, quack, (hands up, open and close hands like opening and closing your beak)

flap, flap, flap, (flap your arms with elbows out)

wiggle, wiggle, wiggle (wiggle your hips like you are shaking your tailfeathers)

clap, clap, clap, clap (straight clap or 4 count clap pattern)

repeat above four times

8 measures of elbow turn with partner of locomotor skill around the floor

Repeat from top

## **CLAPPING OUT**

Music: Blue Star, BS 1528-A "Steppin' Out"

Formation: single circle, face center, stand close shoulder to shoulder

Introduction: 8 counts with no action

- Cues:
1. knees, knees to right (neighbor's knees), knees, knees to left (other neighbor's knees) Repeat 4xs.
  2. knees, cross, knees, out (touch neighbors knees on either side with one hand)  
Repeat 4xs
  3. knees, clap, cross (shoulders), clap  
Repeat 4xs
  4. knees, clap, snap, snap  
Repeat 4xs

Note: Repeat 1-4. There will not be music for 1-3 (music fades away and then come back) but if the group has continued with the correct rhythm the music will start again with 4)

## **THE CONGA LINE**

Music: Best Years of Our Lives, Baha Men, Shrek Soundtrack

Scattered or in lines

Walk, walk, walk out - basic pattern to be repeated one million times. May add arm and hip actions and words or sounds.

## **COTTON EYED JOE**

Music: Cotton Eyed Joe Remix - the Rednex

Scattered or in groups

Stomp kick, back, back, back

8 two steps forward

repeat one million times

## **D'Hammerschmledgselin**

Music: D'Hammerschmledgselin (German Folk Dance) Christy Lane Multicultural Folk Dance Treasure Box Cd #1

Formation: Partners scattered or in groups of 4's

Hand Pattern:            Slap with hands: Thigh (1), Stomach(2), Clap Hand Together (3)  
                                 Clapping hands with partner: cross (4), cross (5), together (6)  
                                 Repeat this pattern 4xs through

Second part:            Make a right hand star and skip ccw for 8 cts then reverse direction for 8 cts.

Repeat dance from beginning.

Variation: Once partners have the pattern then put them in groups of 4's. Couples perform the dance together using an alternating clapping pattern. The first couple starts the hand pattern and the second couple begins their hand pattern while the first couple is on the 4,5,6. of the hand pattern. They then continue with this pattern throughout the hand pattern section. On the star they make a four person star.

## **ELECTRIC SLIDE**

Music: Electric Boogie by Marcia Griffiths, Album: Carousel

Formation: Scattered or lines (4 wall Dance)

Directions: vine to the right -  
                  vine to the left -  
                  Walk backwards - right, left, right, clap  
                  Rock steps - rock forward on left foot and back on right  
                  Brush foot forward and make a 1/4 turn to right - on brush turn 1/4 turn to right go directly into the vine right, repeating the dance to another wall

Cues:            Right Step, behind, step clap  
                  Left Step, behind, step clap  
                  Back, back, back, clap  
                  rock , rock , rock , brush, turn  
                  Repeat dance to another wall....

## **HAND JIVE**

Formation: Scattered

Music: Shake a Tailfeather cd , #2 Willie and the Hand Jive”

Thigh, thigh

clap, clap

cross, cross (right hand over left scissor)

cross, cross (left hand over right scissor)

hammer, hammer (right fist ontop of left fist)

hammer, hammer (left fist ontop of right fist)

hitchhike, hitchhike over left shoulder

hitchhike, hitchhike over right shoulder

Repeat from top

variation: smash the mosquito. Instead of hitchhike reach right hand in air and pretend to catch a fly or mosquito and smash in other hand, grab and smash.

## **HANDS-UP PARTY DANCE (Club Med Dance)**

Music: Hands Up! (give Me Your Heart) by Ottawan

Formation: Scattered one wall dance

Chorus: Hands up Hands up - raise hands in the air and lower them with words

Give me your heart - point with both hands together at someone and circle both arms/ hands around to your heart, repeat.

All your love - reach across your body with one arm and point while bringing your arm all away across your body back to the other side, repeat with other hand the other direction on follow up (all of your love)

On rest of song just do a step together step with a clap, right and then left to the beat of the music. Follow the words to the song and you'll be alright!!!! Have fun with it!

## **THE HUSTLE (modified version)**

Music: The Hustle by Van McCoy CD: Pure Disco Vol. #2

Formation: lines

Cues: Walk back 2, 3, 4 (clap)

Walk forward 2, 3, 4, (clap)

Walk Right side, 2, 3, 4 (clap)

Walk Left side 2, 3, 4, (clap)

Hustle Right 2, 3, 4, (clap)

Hustle Left 2, 3, 4, (clap)

Snap (your fingers), Snap, Stomp, stomp

Front, back, side, turn

Repeat dance to four walls

### **INSIDE OUT MIXER**

Music: The Locomotion performed by Kylie Minogue

Formation: 3 in a line-join hands

Cues: walk (forward) 2, 3, 4, 5, 6, 7, 8  
circle, 2, 3, 4, 5, 6, 7, 8  
inside out (arch), 2, 3, 4, 5, 6, 7, 8  
circle (inside out), 2, 3, 4, 5, 6, 7, 8  
break (into a line) 2, 3, 4, 5, 6, 7, 8  
change (center person moves to next group) 2, 3, 4, 5, 6, 7, 8  
Repeat from beginning.....

### **IRISH JIG**

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

### **IRISH STEW**

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

## **LILO AND STITCH DANCE**

Music: Hawaiian Roller Coaster Ride (Lilo and Stitch Soundtrack - Disney)  
Developed by Oregon State University MS Physical Education Teacher Education  
Students, Graduating Class of 2003

R step together, step together (1, 2, 3, 4)  
2 cabbage patch (circle arms and hips while standing still) (1, 2, 3, 4)  
L step together, step together (1, 2, 3, 4)  
2 cabbage patch (circle arms and hips while standing still) (1, 2, 3, 4)  
Walk back, 2, 3, 4  
Raise the roof (hands pressing up) two to right and two to the left (1, 2, 3, 4)  
Walk forward, 2, 3, 4  
Raise the roof (hands pressing up) two to right and two to the left (1, 2, 3, 4)  
Hip 2, 3, 4  
jump jump jump 1/4 jump turn ccw  
repeat from beginning

## **LA RASPA (Mexican Folk Dance)**

Cinco de Mayo (may 5th, celebrating Mexico's Independence over France in war)

Music: La Raspa Folk Dance music

Skills: Bleking step, running, elbow turn

Formation: Partners face each other. They may hold both hands or not.

Action:

Measure	1-4: Hop on the left foot, sliding the right foot forward, toe up. Hop on the right and slide the left forward, toe up. Hop on the left and slide the right forward again, toe up. Pause. Repeat the movements beginning with a hop on the right foot. Ending with a half face to the right. (bleking step)
	5-8: Repeat actions of measures 1-4, ending with a half face to the right.
	9-16: Repeat measures 1-8.
Part II:	Partners hook elbows, other hand up toward ceiling....
Measures	1-4: Do a right elbow swing, using eight running or skipping steps. Release and clap the hands on the eighth count.
	5-8: Do a left elbow swing, using eight running or skipping steps. Release and clap the hands on the eighth count.
	9-16: Repeat measures 1-8

Repeat the entire dance, parts I and II over and over again.

## **MACARENA**

Music: CD *Mouse House, Disney Dance Mixes*, #4 Tiki Tiki Tiki Room

Formation: Scattered/Lines

Macarena is a hand and body language dance done to 16 beats of music. Good hip motion is essential to this dance.

1. right hand goes out palm down
2. left hand goes out palm down
3. right palm up
4. left palm up
5. right hand to left shoulder
6. left hand to right shoulder
7. right hand to right back of ear
8. left hand to left back of ear
9. right hand to left hip
10. left hand to right hip
11. right hand to right buns
12. left hand to left buns
13. roll hips with hands on buns
14. with small jump turn 1/4 turn to left, with clap.

Hand, hand, over, over, shoulder, shoulder, head, head, hip, hip gluteus, gluteus, hula hoop, hula hoop, jump, turn, clap  
Repeat pattern for duration of song.

## **MAMBO #5 - by Christy Lane**

Formation: Scattered with partners

Music: Disney Mambo No. 5 from Radio Disney Jams #2

### **Chorus (basic step):**

Heel, heel, heel, heel, heel, (Right heel tap forward, Left heel tap, Right heel tap, Left heel tap )

Monkey, 2, 3, 4,

Hitchhike, 2, 3, 4,

Turn around 2, 3,4 (turn around with fingers pointing in the air)

repeat

**Instrumental:** grab partner and swing dance (swing and trade places, one partner under and back, wring the dishrag, etc.)

### **Middle part: do what it says**

jump up and down and move it all around

shake your hands to the sound put your hands on the ground

take one step left and one step right

one to the front and one to the side

clap your hands once

clap your hands twice

and if it looks like this then you're doing alright (roll your arms)

## **THE MONSTER MASH**

Music: The Monster Mash performed by Bobby "Boris" Pickett and the Crypt-kickers

Dance Formation: Scattered

Music in 4/4 time

Introduction: Stand like a Frankenstein Monster with arms outstretched and keep time with the music (8 measures)

On first words of song begin

8 Frankenstein Walking steps forward (8 counts)

8 Frankenstein walking steps backward (8 counts)

4 Crossing Arm Scissors (4 counts)

4 Alternating Hammer Hands (4 counts)

4 Hitchhikes (4 counts)

4 Transylvania Twists (4 counts)

Repeat again and again!!!

## **PATA PATA (South Africa) (modified)**

Introduction: 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

### **PATTY CAKE POLKA:**

Music: Patty Cake Polka , Wagon Wheels

Formation: Partners scattered or Double circle dance

Cues: Moving in scattered position or in double circle line of direction counter clockwise

CCW Heel Toe, Heel Toe, slide slide slide

CW Heel Toe, Heel Toe, slide slide slide

Clap Right, Clap Left, Clap Both, Clap Down

Elbow Turn

Mixer: and move to your left right now and repeat with new partner

Variation: Do this same dance to McHammer "Can't Touch This". Break it down = Free Dance

### **THE RESPECT DANCE:**

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)

Grape vine to the right

Grape vine to left

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

Repeat dance to opposite wall.

### **SATURDAY NIGHT FEVER HUSTLE**

Music: Staying Alive by the Bee Gees

I Will Survive by Gloria Gaynor CD: Pure Disco Vol. #2

Formation: Lines

Cues: Walk back 2, 3, 4 (clap)

Walk forward 2, 3, 4, (clap)

Walk back 2, 3, 4 (clap)

Walk forward 2, 3, 4, (clap)

Walk Right side, 2, 3, 4 (clap)

Walk Left side 2, 3, 4, (clap)

Turn Right 2, 3, 4, (clap)

Turn Left 2, 3, 4, (clap)

Hustle two times (Hustle: roll your arms twice and clap behind your back twice)

Disco point move four times

Shuffle right twice

Shuffle left twice

Heel, Heel

Toe, toe

Front, back, side, turn

Repeat to all four walls

## **THE TWELVE DAYS OF GYM CLASS**

Music: The Twelve Days of Gym Class from the Physical Ed cd from The Learning Station

Formation: Scattered

Activity: Do the actions described on the cd.

## **SLAPPIN' LEATHER (FOUR WALL LINE DANCE)**

Music: Eiffel 65 Blue, Backstreets Boys Backstreets Back, Any strong four count country western.

Starting position: Feet Together, knees bent, thumbs in pockets or hands on hips.

### **CUES:**

Apart- together- apart- together

touch-touch-touch-touch

heel - heel - toe - toe

front - side - back - side

inside - outside

step - behind - step - hitch

step - behind - step - hitch

back - back -back - hitch

step - stomp

(repeat from top)

4 Pigeons: up on toes, swivel heels apart and back together 2xs

(Apart- together- apart- together)

Right toe out to the right side then back together

Left Toe out to the left side and then back together

Right toe out to the right side then back together

Left Toe out to the left side and then back together

(touch-touch-touch-touch)

Right heel front tapping twice

Right toe back tapping twice

(heel - heel - toe - toe)

Right heel in front tap once, to right side tap toe once,

behind tap toe once, to right side tap toe once

(front - side - back - side)

Lift right foot twisting knee up in front and slap the inside of the foot with the left hand.

Swivel foot/knee to outside and slap the outside of the foot with the right hand as you turn 1/4 turn to your left, thus facing another wall.

(inside - outside)

Right side step, left step behind right foot, right side step with a hitch/clap

(step - behind - step - hitch )

Left side step, right step behind left foot, left side step with a hitch/clap  
(step - behind - step - hitch )

right step back, left step back right step back, left hitch  
(back - back -back - hitch)

Left step forward, right stomp together  
(step - stomp)

REPEAT OVER AND OVER AGAIN

**SUPERSTAR (two wall dance) from Chip Candy**

Music: "Gonna Make You Sweat (*Everybody Dance Now*)" C&C Music Company, Jock  
Jams 1

4 cts. 4 sideways hand waves over head

8 cts. Headache walk R

8 cts. Headache walk L

8 cts. Pump hands - 2 cts in to chest and 2 out, 2in, and 2 out

4 cts. Train pump pivot on L foot

8 cts. 4 monkeys right and 4 monkeys left

8 cts. R hand high air 5

L hand high air 5

Then R 2xs

L hand high air 5

R Hand high air 5

Then L2xs

8 cts. R hand up, hold

L hand up, hold

R hand left armpit

L hand right armpit

8 cts. R foot forward lunge with hands up - SUPERSTAR!

Come back to attention - repeat SUPERSTAR move

8 cts. Walk forward 4

Walk backward 4

Walk forward 4 with a pivot 180 to back wall

walk forward 4

Repeat from top!!!

## **TONY CHESTNUT**

A fun activity that teaches children about homonyms

Music: Tony Chestnut & Fun Time Action Songs cd from the Learning Station

Formation: Scattered following teacher

Activity: have the children touch their toes, knees, chest, and head along with the words "Tony Chestnut". In the last verse, have the children lean, kneel, pat, and bob etc. when those names are sung. Follow along.

## **TROIKA: (Russian Folk Dance)**

Music: Troika, Phyllis Weikert Rhythmically Moving CD #2

Formation 3 in a line, join hands

Cues: run forward, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, stop  
under 2, 3, 4, 5, 6, 7, 8 (first outside person under)  
under 2, 3, 4, 5, 6, 7, 8 (second outside person under)  
ccw circle, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, Stomp, stomp, stomp (reverse)  
cw circle, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, Stomp, stomp, stomp line  
repeat dance

## **VOGUE by Jerry Poppen**

Music: Vogue by Madonna

Formation: scattered or as a line dance

Intro: 10 measures (1,2,3,4; 2,2,3,4 etc.)

Cues: back, 2, 3, 4 (clap)  
forward 2, 3, 4 (clap)  
side 2, 3, 4 (clap)  
side 2, 3, 4 (clap)  
side turn 2, 3, 4, (clap)  
side turn 2, 3, 4, (clap)  
heel, heel, heel, heel  
Pose

Walk backwards for four counts with a clap on four

Walk forward four counts with a clap on four

Walk right and strut sideways for four counts with a clap on four

Walk left and strut sideways for four counts with a clap on four

Right full turn sideways for four counts with a clap on four

Left full turn sideways for four counts with a clap on four

Alternating heel touches forward for 4 cts.

Pose like a model and hold. You can play with this and do it after every section or every third etc.

## **THE YMCA**

Music: The YMCA by the Village People available on “Jock Jams Volume I” or “Pure Disco” from PolyGram International Music

Formation: scattered position or lines

Intro: March (in place) 2,3,4,5,6,.....56

Verse: R Step, close, step, close, step, close, step, close

L Step, close, step, close, step, close, step, close

Heel, heel, heel, heel (alternating heel touches)

R Hand Stop

L Hand Stop

Turn R Hand In

Turn L Hand In

R Arm Down

L Arm Down

Chorus: Pat , Pat (legs) Clap, Clap, Clap (hands) Roll Arms Spell Y M C A

Roll arms Spell Y M C A Roll arms

Shuffle Right for 2 and left for 2 counts, Repeat

Spell Y M C A Roll arms Spell Y M C A with arms

Roll arms

Shuffle for 8 counts

Repeat all above verse and chorus

Last time through (3rd time) repeat chorus over and over until song is finished. Have students sing and spell YMCA with their arms.

***Dance like no one is watching,  
Love like you'll never be hurt,  
Sing like no one is listening,  
Live like it's heaven on  
earth. "***

***William Purkey***