

**Jump n' Jive**  
**(Rated E for Everyone)**  
**Presented by Meg Greiner**  
**2006 Disney Outstanding Specialist Teacher Award**  
**NASPE 2005 National Elementary Physical Education Teacher of the Year**  
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<b>Dance Rules:</b>	Do Your Best If you are facing the wrong way, turn around <b>ACCEPT ALL</b> for partners Have Fun!
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<b>Teaching Tips:</b>	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
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Content Standards:

- 1) Demonstrates competency in motor skill and movement patterns needed to perform a variety of physical activities.
- 5) Exhibits responsible personal and social behavior that respects self and physical activity settings.

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

(NOTE: some music for this presentation available at [www.itunes.com](http://www.itunes.com) search for TEAM Time imix and TEAM Time Cooldown )

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**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

jump, repeat

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**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 he eighth count.  
5-8: Do a left elbow swing, using eight running or skipping steps.  
Release ad 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.

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**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

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## **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.

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## **COTTON EYED JOE**

Music: Cotton Eyed Joe Remix - the Rednex

Scattered or in groups

Stomp kick, back, back, back

Stomp kick, back, back, back

Stomp kick, back, back, back

Stomp kick, back, back, back

8 two steps forward

repeat one million times!

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## **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.....

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**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

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**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!

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*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*