

**Jump n' Jive2**  
**(Rated E for Everyone)**  
**Presented by Meg Greiner**  
**2006 Disney Outstanding Specialist Teacher Award**  
**NASPE 2005 National Elementary Physical Education Teacher of the Year**  
**2005 USA Today All-Star Teacher Team**  
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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!"***

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**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.

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### **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.

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### **THE CONGA LINE**

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

Scattered or in lines

Cues: Walk, Walk, Walk, Out (basic pattern to be repeated one million times) May add arm and hip actions and words or sounds.

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### **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

Cues: 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!!!

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### **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

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## **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

### **Cues:**

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 with arms

Roll arms

Spell Y M C A with arms

Roll arms

Your choice movement for 8 (2/2) counts

Spell Y M C A with arms

Roll arms

Spell Y M C A with arms

Roll arms

Your choice movement for 8 counts

Repeat all above verse and chorus

Last time through (3rd time) repeat chorus over and over.

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## **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.....can play with this and do it after every section or every third etc.

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### **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

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### **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.

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### **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

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### **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)  
Grapevine to the right  
Grapevine to left  
Graevine right with a 1/2 turn (facing opposite wall) and continue with left grapevine.  
Repeat dance to opposite wall.

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**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)

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- ❖ 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

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## **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)