Dance with a Purpose

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“Nobody cares if you can't dance well. Just get up and dance. Great dancers are not great because of their technique, they are great because of their passion.”

Martha Graham
Hip Hop

Warm-Up

Stretches
  Reach up
  Touch toes (straight knees)
  Walk out and push-up 4x
  repeat

Sit on Floor
  Butterfly
  legs out in front touch toes
  Leg lifts (up 8x, butterfly and flutter kicks)
  Straddle sit (reach side, forward and side) Be sure knees point to ceiling
Isolations:

Head
Shoulders
Shoulder Brain teaser
Arm brain teaser
Ribs
Hips
Jump Brain teaser
Feet
Time Space Energy

Lay on Floor in Star Shape

Tighten and relax body parts moving from toes up to head.

Wiggle body parts starting from toes to head
Body Part Dance

Pick a body part
  Explore how many ways that body part can be moved.
Pick a movement that can be repeated and practice.
Do this 2 more times so you have 3 body parts.
Same body part on different levels
Levels
  Low, Medium, High
Same body parts and practice timing
  Slow, everyday, fast
Energy:
  Explore movements in
    Stinky, gooey, flowing, sharp, choppy, the list is endless.
Freeze Dance

Turn music on and give them challenges and when music stops they freeze. Animals, shapes, words, objects are all good themes.
Machine

One person starts and picks a movement. Each person must add on to the machine adding their own movement. No actual touching.
Social Dance Craze

YMCA
Macarena
Cha Cha Slide
Boot Scootin’ Boogie
Wobble
Gangam Style
Hoedown Throwdown
Chicken Dance
Cupid Shuffle
Chicken Lips
Cotton Eye Joe
Twist
Wobble Line Dance

Wave hands up and down to right up high 8 counts
Wave hands up and down to left up high 8 counts
Rock step run in place 3x or wave hands down low to the rt 8 counts
Rock step on left run in place 3x or wave hands down low to lt. 8 counts
Step touch 4 times Turn ¼ turn to wall and step touch backward 4x
Repeat
Macarena

Hands out in front
Rt palm down Lt palm down
Rt palm up Lt palm up
Rt hand cross and lay on left elbow
Lt hand cross and lay on rt elbow
Rt hand to back of head  Left hand to head
Rt hand cross to left hip  Lt hand cross to rt hip
Rt hand to back pocket  Lt hand to back pocket
Shake what your mama gave you 4 counts and jump ¼ to next wall. Repeat
Music

Chicken Dance

Grease Mega Mix

Hoedown Throw down
Miley Cyrus

Chicken Lips
Bruce Springsteen

Always Look on the Bright Side of Life
Spamalot
Standards

Demonstrates competency in a variety of motor skills and movement patterns
- S1. E1, E4, E5, E6, E7, E8, E9, E10, E11, E12

Applies Knowledge of concepts, principles, strategies, and tactics related to movement performance
- S2. E1, E2, E3, E4, E5

Exhibits responsible personal and social behavior that respects self and others
- S4. E1, E2, E3, E4, E5, E6

Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
- S5. E1, E2, E3, E4