



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 $\frac{1}{4}$ 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 $\frac{1}{4}$ to next wall. Repeat



Music



Chicken Dance



Grease Mega Mix



Hoedown Throw down
Miley Cyrus



Always Look on the Bright Side of Life
Spamalot



Chicken Lips
Bruce Springsteen

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