

UNIT: LINE DANCE

AGES: 8-14

OBJECTIVES

Rhythm, timing, locomotor skills

EQUIPMENT

Music player, music: "Gonna Make You Sweat," EVERYBODY DANCE

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
<p>California Strut (Dance from the USA) <i>Diagram on back</i></p>	<p>-Lines of 6, standing side by side within dance area (20 X 20 paces).</p> <p>-The California Strut introduces youth to line dancing.</p> <p>-Explain/demonstrate movements <u>without</u> music.</p> <p>-When youth are successful in a line, progress to a circle formation, for intermediate learners.</p> <p>-The final progression will be dancing in a double circle, or a "mixer," for advanced learners.</p> <p>-Practice the steps with the music.</p>	<p>-The name of this dance is "California Strut." It is a line dance. That means you will stand in several lines all facing one direction.</p> <p>-Mingle-Mingle 6's.</p> <p>-With your group, form a line facing forward.</p> <p><u>Let's practice the movements together:</u></p> <p>-Walk forward 4 steps: R, L, R, L.</p> <p>-Walk backward 4 steps: R, L, R, L.</p> <p>-Step to the R, close with the L.</p> <p>-Step to the L, close with the R.</p> <p>-Turn to the R, performing a 4 ct. full turn: R, L, R, L.</p> <p>-Turn to the L, performing a 4 ct. full turn: L, R, L, R.</p> <p>-Repeat this sequence from the beginning.</p> <p>-Let's practice with the music.</p> <p>-You've learned the steps in line formation, now we will do the dance in a circle formation!</p>
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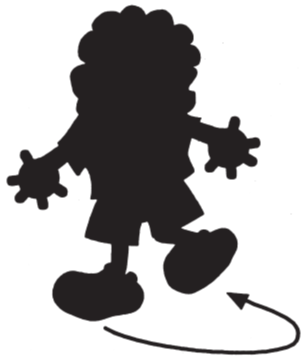
4 COUNT FULL TURN

①



"STEP"

②



"PIVOT"

③



"PIVOT"

④



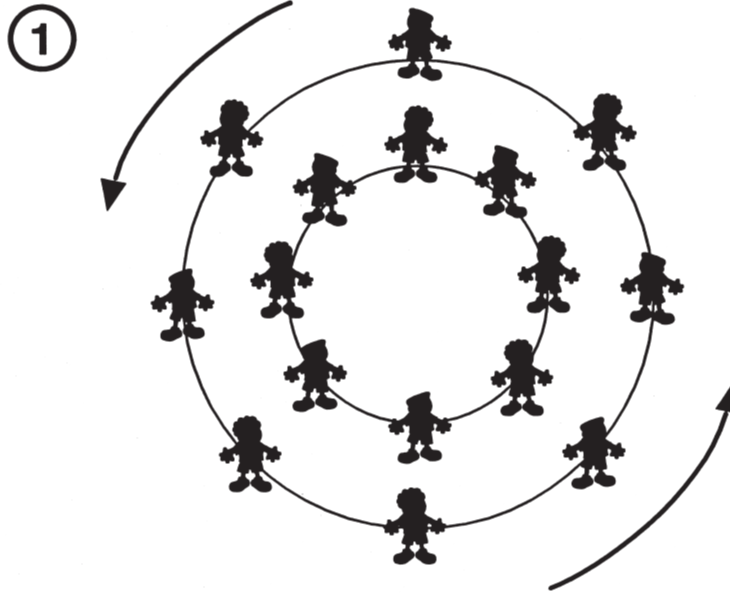
"CLOSE"

UNIT: LINE DANCE

(Continued)

ACTIVITY	ORGANIZATION	TEACHING CUES
California Strut <i>Diagram on back</i>	<p><u>Note:</u> -When youth are in circle formation, there may be confusion because it appears those across from them are moving in opposition. Explain that all are moving in the same line of direction.</p> <p>-When in double circle formation, youth do the same steps moving counterclockwise (CCW).</p> <p><u>Notes:</u> -The confines of the circle and the change of direction may be disconcerting for youth. Allow for plenty of practice.</p> <p>-Circle and double circle formations may be difficult for beginners.</p> <p>-Remind youth to move in a curved pathway to keep the circular shape.</p>	<p>-Let's form a circle facing the center.</p> <p>-We will do the exact steps we just learned, but remember when we move forward we will be moving into the center of the circle.</p> <p>-Do your best to keep the shape of the circle when we do our turns.</p> <p>-Great job! Now let's form a double circle. This is sometimes called a "mixer."</p> <p>-Some of you will be on the inner circle, the rest on the outer circle.</p> <p>-If you think you know the steps well, move to the outer circle.</p> <p>-If you're not sure how well you know the steps, find a place on the inner circle.</p> <p>-Everybody face counterclockwise (point). You will now be moving in that direction instead of towards the center.</p> <p>-Keep a curved pathway as you move around the circle.</p> <p>-The movements will be same except when it is time to do your turn to the R.</p> <p><u>For outer circle:</u> -Do R and L turns diagonally (move to position in front of you).</p> <p><u>For inner circle:</u> -Do R and L turns to the side (exactly as learned).</p> <p>-The outer circle partner has now moved up to a new partner. Each time the outer person does her/his R turn, you will "mix" with a new partner.</p> <p>-Repeat the dance many times.</p>

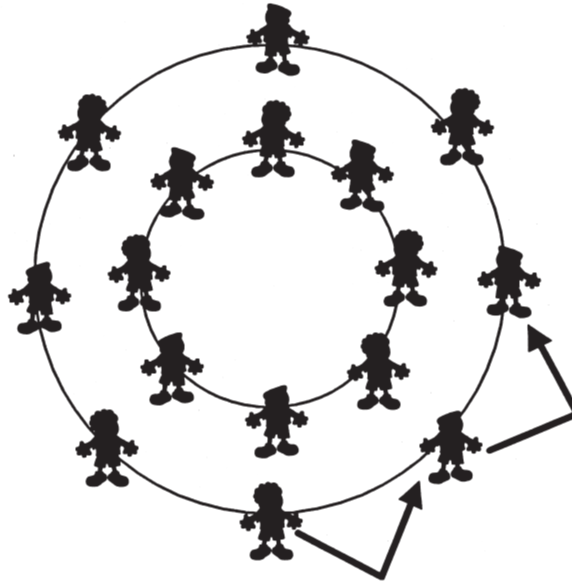
DOUBLE CIRCLE/MIXER



MOVE COUNTER CLOCKWISE

②

ON 4 CT. FULL TURNS:



OUTER PERSON DOES TURNS IN
“ZIGZAGS”; ENDS UP NEXT TO
NEW INNER CIRCLE PARTNER