



Ready...

- Music: “Hot, Hot, Hot” (SPARK 3-6 Music CD, #4)
- California Strut Prompt Page (SPARK Instructional Media CD)
- Music player

Set...

- Create a large activity area.
- Scatter students in area.

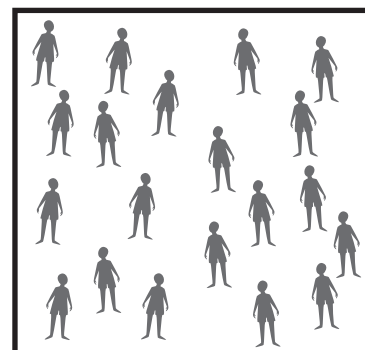
GO!

1. The object is to perform the line dance *California Strut*. In line dances you all face the same direction, and do the same steps together.
2. We'll learn and practice 1 step at a time without the music first. Then we'll put it all together with the music. (First, teach each step or sequence, then cue students to get ready to practice together by saying “5, 6, 7, 8.”)
3. **California Strut**
 - Begin at “home,” with feet together.
 - Walk forward 4: R, L, R, tap L (4 counts).
 - Walk backward 4 back to “home:” L, R, L, tap R (4 counts).
 - Step R, touch L. Step L, touch R (4 counts).
 - 3-step turn to the R: R, L, R, touch L (4 counts).
 - 3-step turn to the L back to “home:” L, R, L, touch R (4 counts).
 - Repeat.

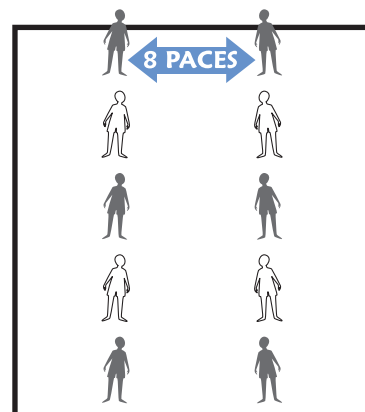
CUES

- ★ Move with the beat.
- ★ Just touch with foot before changing directions. Don't put weight on foot.
- ★ If you misstep, that's OK; keep moving, and catch up when you can.

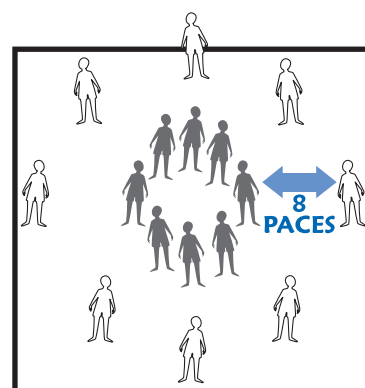
Regular



Partners



Double Circle



Outer Circle Rotates

DANCE

★ Partners

(Students in pairs, in face-off formation.) On the first move, partners walk forward 4 steps toward each other, and give a high-ten.

★ Double Circle Mixer

(Students in 2 circles; an inner and outer.) Partners; 1 in inner circle, 1 in outer and face each other. Inner circle dancers do same dance. Outer circle dancers turn to their R, and move to a new partner on their R each round.

★ Add Your Thing

(To any of the above variations.) Add your own twist to the dance when you change directions.



HOME

California is where almost 90,000 people migrated in 1849 in search of gold. John Marshall discovered gold in 1838, and by 1854, almost 300,000 “49ers” had migrated to California. This was about 1 out of every 90 people that were living in the United States! Ask a parent to help you research the 49ers, then create a “Gold Rush Dance.” Make up moves for migration, wading in the water, and panning for gold.

● STANDARDS ADDRESSED

DANCE

#1, 2 Perform line dance

#6 Cardiovascular fitness

#3, 4, 6 Participates,

- appreciates, enjoys rhythmic movements

Your State (Write in here)

TONY'S TIPS

- If facing students, mirror their moves. For example, move backward when they move forward; move R when they move L.
- Point to show which direction students will move next.
- Cue students 1-2 beats before each move.
- Make copies of the *California Strut Prompt Page*, and allow students to work independently with the directions in hand.

NOTES

