

Shut Up and Dance!
2019 Wednesday Evening Extension Session

Plan

1. Introduction
 - a. **P: Shut Up and Dance** (need enough chairs set up on the perimeter for all + paper plates)
2. Personal space—
 - a. **J: Fur Elise** (non-locomotor--from Feierabend's Move It)
3. Circle/ Double Circle
 - a. **J: Les Salut** (Share the Music—McGraw-Hill—4th Grade)
 - b. **P: Patty Cake Switch** (“Forresters” from Listen to the Mockingbird—New England Dance Masters)
4. Partners
 - a. **P: Draw a Bucket of water** (4's—traditional folk song)
5. Square Dance
 - a. **J: Gustav's Skol** (Longden Seven Continents CD 1 or DVD#6)
6. Lines
 - a. **P: Hoe Ana** (Longden Dances of the Seven Continents CD 4)
7. 4 Wall Dance
 - a. **J: Cotton Eye Joe**
8. Single Circle (if time)
 - a. **J: Carmina Burana** (from Move It)

SHUT UP AND DANCE

Seated with paper plates

Everyone has 2 paper plates and teacher improvises as all mirror.

LES SALUTS

Single circle facing clockwise

A: Walk 16 beats clockwise; change body facing direction at end of phrase; walk 17 beats CCW

B: Face center take four steps in; then four steps out; Make a shape in place and hold through fermata; Face clockwise ready to walk

PATTY CAKE SWITCH (mixer)

Double circle facing a partner

4 beat intro

A: Walk 4 toward partner; patty cake (clap-right-clap-left-clap-both-clap) Walk 4 away from partner; "dip up" 2x Repeat A

B: (partners side by side) Promenade CCW 16 beats with inside partner's hand on top of outside partner's

C: Outside partner do-si-do passing inside partner's left shoulder (8 beats) Inside partner do-si-do passing outside partner's left shoulder but "cheats" to new partner

DRAW A BUCKET OF WATER

Groups of 4 (2 partners)

Reach across and hold hands pulling in a 2 beat contrary motion pattern

1 goes under, then 2 etc. while still holding partner's hands and keeping the 2 beat motion

All hold hands tight, lean back slightly and spin to the right. ("Frog in bucket")

Then reverse directions Repeat

GUSTAV'S SKOAL

Square dance formation

Head couples walk toward each other 4 steps. Inside hands are joined, free hands on hips. On ct 4 they raise outside hands and say "skoal!" then move backward 4 steps to place.

Side couples do the same

Repeat each set of couples doing this.

Side couples raise joined inside hands to make arches with free hands on hips to make "windows". Head couples walk or skip toward each other 4 cts, then release inside hands and each turns toward nearest arch. The two take hands and duck under that arch, release hands, clap their own hands on ct 9. Return to original places meet partners with 2-hand swing for 4 cts. May peek through windows. Side couple do same bit. Lurking & Cutting In: do so on the swing

HOE ANA

Standing, kneeling or sitting in long rows (canoes)

A (slow $\frac{3}{4}$)

"waves" hands out to side, R goes over head and back 2 ms ; repeat with left hand;

"rocking" R L R L with hands out to the side 4 ms.

Repeat waves and rocking

"swirl the water" hand on top of other swirl R 2ms L 2ms.

"look for land" hands shade eyes, look 4X move R to L 4ms

"salute sun & moon" both fists on chest: R hand up then back, L hand up then back 4 ms

"salute the directions" jazz hands up—right—down—left B

"slow paddles" R 2X L 2X repeat 8 ms

"swirl the water" hand on top of other swirl R 2ms L 2ms.

"I love Tahiti" both arms straight out palms up-bring fists to heart 2X 4 ms

C (fast music)

"paddle" RR LL RR LL 8 ms

"all the stars are in the sky" hands move from R to L above head "flickering" 4 ms

Dive into the wave 2 ms

Clap-clap 2 ms

Repeat C *Whole song then repeats*

COTTON EYE JOE

4-wall dance scattered formation

Tap right heel 2X in front

Tap right toe 2X in back

Tap right in front and cross leg in front touching with left hand/Tap right foot back down at side and touch behind with left hand

Put right foot down and grapevine to right with a clap

Return but turn and swing a lasso to return to original position Repeat the entire thing but with left leg

CARMINA BURANA

Single circle but with partners

Intro: All face center—right hand up high and slowly bring fist down to floor—repeat with left then both hands

A: facing partner touch pointer fingers right hands 3x, then left 3x then both together 3x and walk past partner to next person

Repeat with 2 fingers/ 3 fingers/ 4 fingers/ whole hand/ back of hands/ forearms

B: (loud) full hands again 4x (4 different partners) then GR&L (Bingo move) to return to original partner

Coda: Face center again, go low and then up to arms above head (*See Feierabend Move It 2 Video*)

FUR ELISE *See Feierabend Move It Video*