

Fitness Dance Presentation
“Groove Loose: Today’s Dance to Blasts from the Past”
 GAHPERD Convention
 Friday, January 22, 2016
 3:25 pm– 4:15 pm

Ms. Diamond Crume, Valdosta State University
 Dr. Sonya Sanderson, Valdosta State University

****Prior to dance:** Golden Oldies warm-up**

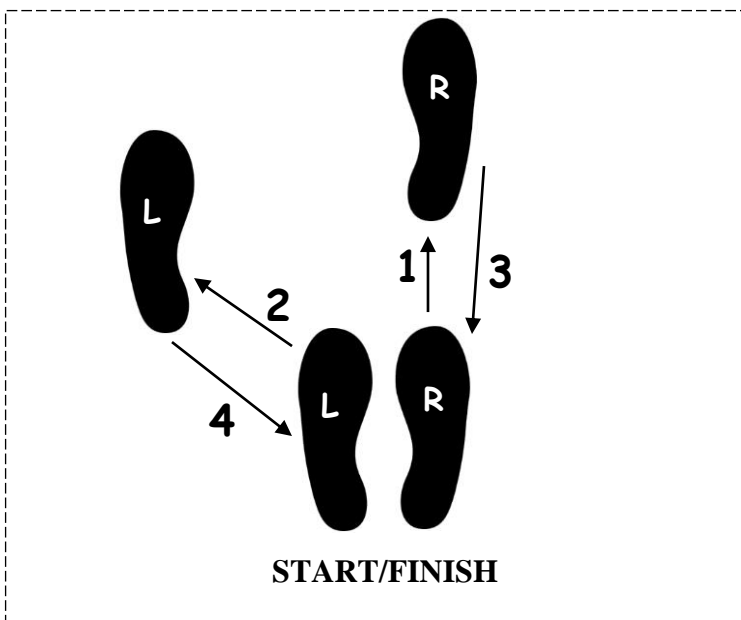
Music for today’s day: *“Walking on Sunshine”- Katrina & the Waves*

Intro

As soon as music starts!!

-Clap hands together for a total of **2 counts** of **8** (instrumental) (total of **16** claps)

-Box step in a counterclockwise rotation for **4 counts** (**R foot** steps forward, step with **L foot** to the side, step **R foot** back, step **L foot** back)



-Walk backward for **4 counts** (swing opposite arm forward as the opposite leg steps back)

-Walk forward for **4 counts** (clap hands above head with same side foot as you move forward)

-Keep **R foot** planted and with **L foot** turn for **3 counts** (on the **4th count**, **L foot** comes together with **R foot** and clap)

Verse 1

-Bend from side to side for **1 count of 8** (arms, hands, and body will be positioned similar to the *Alpha Kappa Alpha, Inc. ivy stance*)



-Step to the side with **R foot** once, arms at 90°; up and out to stretch from side to side for **1 count of 8** (move ribcage from **right to left**)

-Reach for apples for **1 count of 8** (opposite arm reaches above head as opposite knee comes to chest)

-Peppermill twist for **1 count of 8** (step forward with **L foot**, bring fists together at chest height, and twist hips to the **right**)



-Peppermill twist for **1 count of 8** (step forward with **R foot**, bring fists together at chest height, and twist hips to the **left**)

-Reach for apples for **1 count of 8** (opposite arm reaches above head as opposite knee comes to chest)

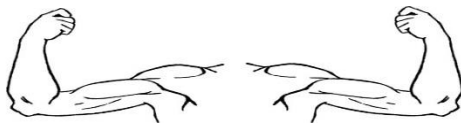
-Step to the side with **L foot** once, arms up and out to stretch from side to side for **1 count of 8** (arms at 90°; move ribcage **right to left**)

-Bend from side to side for **1 count of 8** (arms, hands, and body will be positioned similar to the *Alpha Kappa Alpha, Inc. ivy stance*)

Chorus 1

-March in place with alternating arm swings forward and backward for **1 count of 8** ("I'm walking on sunshine") and then on the last **2 counts (7 and 8)** motion the arms as if the sun is coming out ("whoa") - **repeat 3 times**

-For **2 counts** bring both arms up and flex both biceps ("and don't it feel good")



-Jog in place for **2 counts** of **8**

******Repeat verse 1******

******Repeat chorus 1******

Bridge 1

-Twist hips for **1 count** of **8** (**2 counts** to the front, **2 counts** to the right, **2 counts** to the back, **2 counts** to the left)

Bridge 2

-Do “the twist” for **2 counts** of **8** (as in the 1950s popular dance to Cubby Checker’s *The Twist*)

-Raise the roof for **1 count** of **4**

-Jump forward and hip bump to the **right**. Jump back and hip bump to the left for **1 count** of **4**

-Strum a guitar for **4 counts** of **8** (total of **32** strums)

******Repeat verse 1 (until the end of the song)******

****Post dance:** Smooth stretch-cool down**