

SHARE THE WEALTH CONFERENCE 2017

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FITNESS ON THE LINE

The purpose of this session is to introduce upper elementary, middle school and high school teachers to some basic high energy line dances that can be used to promote fitness. Participants will be exposed to *easy fun* line dances that can enhance student's rhythmic and motor skill level while providing fitness benefits. All the dances will be modified in the beginning to make them one-wall dances so you can see how to reach the fitness goal faster when you take these back and teach your own students. The session will be *active* participation. Dr. Starla McCollum will include heart rate checking activities after some of the dances.

The following changes can be made to any dance to increase the intensity of the dance to promote a better cardio workout.

Increase the tempo of the song or play a different, faster tempo song.
Low impact moves, change the level from upright to medium.
High impact moves, change basics to higher impacts...kicks while hopping.
Higher intensity from low or high impact...add arm movements.
Teach line dances that are originally fast tempo anyway.
Create your own moves to increase the intensity of any line dance you know.

SPECIAL NOTE: During the session I will save time for you to video the dances with the music.

DANCES

- Polka Dance – 32 count dance to *5678* – (Fast Tempo Song)
Variation change – replace Heel Toe with Kick Hook (Higher Intensity)
Variation change - can add a Part B for variety**
- Electric Slide – 18 count dance to *Hey Baby* (Increase to Fast Tempo Song)
Variation change – Slides instead of grapevines**
- Copperhead – 32 count dance to *Copperhead Road* (Regular Tempo)
Variation change – Higher kicks with hops**
- Jitterbug Dance – 24 count dance to *Swing The Mood* (Regular Tempo)
Variation change – medium level on the diagonal part**
- Charleston Dance – 16 count dance to *Walking on Sunshine* (Regular Tempo)**
- Whoomp Dance – 24 count dance to *Wipe Out* (Increase to Fast Tempo Song)
Variation change – go low on pumps moving forward
Variation change - Jump on last 4 counts, pumping arms**
- Cupid Shuffle - 32 count dance to *Cupid Shuffle* (Regular Tempo Song)
Variation change – high intensity, low impact – medium level
Variation change – high intensity, high impact – jumps, high kicks
Variation change - You create a higher intensity level – can be anything (I saw someone do crab walks and push -ups before)**
- Footloose - 32 count dance to *Footloose* – (Regular Tempo Song)
Variations – NONE – the dance is fast already
This is a bonus dance if time permits.**
- Cotton Eyed Joe 32 count dance to *Cotton Eyed Joe* (Regular Tempo Song)
Variations – Groups of threes, line of direction, mixer.
This is a bonus dance if time permits**