

## Get it Up Dances!

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Learn all the dances you need to know for a country themed dance event! People should not be standing at the wall watching others dance. Everyone should be on the dance floor having fun and socially interacting with each other.

Dances we will learn are the FOX, The Git Up, Old Town Road, Cotton Eyes Joe, and the Halloween dance.

EQ: Why do we dance? National Standards 1, 3, 4, and 5

### What did the Fox say? Warm up

**Part A:** Dance 8 counts of each of the following:

1. Step touch
2. Step with the heel in front of body
3. Step with the toes touching behind the body
4. Step slide
5. 2 steps to the right & then 2 steps to the left

Or you could hula hoop, juggle, or jump rope, jumping jacks, or push-ups instead of dancing for Part A.

**Part B: Car wash movements** 4 high RT, and then left. 4 low right for 4 counts and then left for 4 counts. Then go to 2 and then 1 count. The hips sway side to side while you throw your hands up in the air, and say "What does the fox say?"

**Around the world:** Clap high to right 4X, clap 4X high left, clap 4X low to right, and clap 4X low left. Then claps 2 times, and then 1 time.

The hips sway side to side while you throw your hands up in the air, and say "What does the fox say?"

Repeat Part A and B again.

### **The Git up dance**

#### **Part A**

"Two step" with the right foot leading and move into a grapevine to the right.

Step touch with left foot, and then step the left, and cross right foot over the left and spin around.

Do the "hoedown" starting with the right foot first-4 kicks with fisted hands punching up and down.

Butterfly Bend and balance on heels with toes pointing up to the ceiling. Fingers point up with the "woo hoo".

#### **Part B**

Grapevine to the left, and dip. 3/4turn counterclockwise slowly as you lean back and take a sip of water. Keep leaning back with your hips and shake/shimmy your shoulders for four counts and turn back to the front while the shoulders shake.

#### **Part C**

Grapevine to the left and then to the right in time with the music. Put your left index finger to the sky and bring it down to the waist and figure eight with hips for four counts. Roll your shoulders for eight counts forward, and backward. Slide to the right.

**Repeat Part A, B**

**Part D**

Slide to the left, slide to the right. Now the cool down and fan yourself for 4 counts. Slide to the left, slide to the right. DO the butterfly for 4 counts, and then lasso right hand overhead while turning clockwise direction in a circle for 8 counts.

**Repeat Part A, B**

**Part D**

Double Grapevine in time with the music to the left. (One grapevine and then 4 steps to left). Double grapevine to the right. (One grapevine and then 4 steps to right). Step forward leading with right foot, and low butterfly. Step backward leading with right foot, and high butterfly. Shimmy shoulders and move backward four steps (leading with right foot).

**Repeat Part A, B**

Freestyle!

**Repeat Part A, B**

**The Halloween Dance:** This is a 4-wall dance turned in a counter clockwise direction.

Counts 1-4 Right lunge with diagonal claw arms, and then lunge to the left with diagonal claw arms. Repeat.

Counts 5-8 Stomp with your feet and clap with your hands. (Right, left foot and 2 claps)

Counts 1-8 Frankenstein walk in place: Arms are held out straight in front of the body and hands move up and down as the feet march in place.

Counts 1-8 Take it to the left and take it to the right: Shake arms to the left and lean left for 4 counts, and then lean and shake arms to the right for 4 counts.

Step slide to the right with the left arm pulling across the body. Step slide to the left with the right arm pulling across the body. Repeat the slide to the right and add a quarter turn. Step slide to the left with the right arm pulling across the body.

Repeat dance at all 4 walls.

**Old Town Road:** This is a one wall dance.

Part A: Sashay forward to the right 4 counts, and then to the left 3 counts. Sashay backward to the right 4 counts, and then left 4 counts. Lasso with the right and then the left hand as you travel.

Part B: Running in place. Hop R, L, R, extra hop with alternating elbow swing. Step L, R, L, hop with alternating elbow swing. Repeat.

Part C: Half star Right pull apart for 2 counts, and then Half star Right pull apart for 2 counts. Repeat

R heel, L heel, R heel, L heel

Touch foot in front of body with the opposite hand-R, L, R, L

R heel, L heel, R heel, L heel

**Hulley Gulley variation** Find a partner and then face each other. Take 3 steps away from each other. Thriller moves: Thriller hands high above head- Step in place R, L, R, and tap left foot. Then, step in place L, R, L, tap right foot. Grapevine to the right. Grapevine to the left. (repeat) Walk forward 4 counts toward your partner; give them a high 5,  $\frac{1}{2}$  jump turn, and walk back to finish the 8 count. Repeat until song ends. This can be confusing because their partner appears to be going the opposite direction.

Alternate idea. Shimmy shoulders to the right for four counts, and then the to the left four counts.

### **Cotton eyed Joe:**

#### **Scattered Square dance for grades K-2**

Cotton Eyed Joe is the song we use, but any country song with a steady beat will do☺

Formation: 2 lines facing each other. Your partner should be directly across from you.

Honor your partner

Students perform following movements for 8 counts each.

Clap hands

Slap legs

Ride the horse

Lasso it, and pull it in.

Give your partner a right-hand swing

Give your partner a left-hand swing

2 hand swing

Do-si-do with your partner

Elbow swing

Repeat or promenade 2 by 2 down the middle. Cross arms and sashay back.

#### **Cotton Eyed Joe**, one wall dance for grades 3-5

Right heel hits 2X in front, right toe hits two in Back

Right toe taps out and to the Right, then slaps Right foot in front of body

Right toe taps out and to the right, and then slaps right foot behind the body

Grapevine right and spin to the left

Left heel hits 2X in front. And then left toe hits 2 X in back

Left toes tap out and to the left, and then left foot is slapped in the front

Left foot taps out and to the left, and then left foot slaps behind the body

Grapevine to the left, and spin forward and to the right

Repeat dance until song ends.

**Okey Cokey**: One wall line dance Part A. Hokey pokey

Part B. Grapevine to the right and left 2 times

Part C. Part of the Macarena; touch right shoulder with the opposite hand, touch left shoulder with the right hand, wrap hands to hips, to the backside, and then head nod. The music starts slow and then gets progressively faster ;-)