

Title: Let it go and dance with scarves!

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Intended Audience: Elementary Physical Education K-2

Wake up your brains to a whole new world of FUN by dancing and juggling with scarves. How do you juggle scarves and be able to teach it to young children in an enjoyable way? Use the following dances to make juggling more entertaining: Old Town Road, Let it go! From Frozen, the WOP, and more.

Dances with scarves:

1.
 - a. What does the fox say?
 - b. Old Town Road
 - c. Let it go! Frozen
 - d. Okey Cokey
 - e. The wop

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, and 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.

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

Let it go! From the movie Frozen

One wall dance that is a blend dancing and juggling.

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;-)

The Wop: by JDash

This is a two-wall dance performed in a personal space.

Part A:

1. **Make the Money:** Straddle the legs, raise hands in the air and make the money sign. Lean right for 4 count, and then lean left for 4 counts. Repeat.

2. The wop: Shuffle step to the right and lean forward pushing arms out to the sides and chest pops out/forward on the first count. On the second count, pop chest in and cross the arms in front of the body. Repeat. (4 counts total) Shuffle step to the left as the arms open wide for the first count. On the second count, pop chest in and cross the arms in front of the body. Repeat. (4 counts total)

Part B: Freestyle several 8 counts or juggle scarves.

Part A, and B again.

Part A and then Part C:

1. Drop it the floor, then lean, and wop
2. Turn around and wop. Turn back around and wop
3. Play dead and drop the body into a slump, then wop
4. Strike a pose, then wop
5. Dang she's fine, then wop
6. Fast and slow wops. Freestyle at the end