

SHARE THE WEALTH 2013 - CHARLESTON LINE – HIGH ENERGY SWING STYLE

Kitty Pruitt, Senior Lecturer
Department of Health and Kinesiology
College of Health and Human Sciences
Georgia Southern University
Statesboro, GA 30460
kpruitt@georgiasouthern.edu
Work phone: (912) 478-5915

The purpose of this session is to introduce elementary, middle school and high school teachers to some basic Charleston Dance moves that are included in the 1920's Charleston plus the Charleston Line Dance and the Charleston Line (separate from the Charleston Line Dance) performed by swing dance groups.

Part 1 will include Charleston moves appropriate for upper elementary students plus a short line dance. Feel free to stay for next part even if you teach elementary students because some of them can do Part 2.

Part 2 will include a more complicated 8 count pattern that is appropriate for middle school and high school students and for use in recreational settings. Some 4th and 5th grade students will also be able to do some of the basic Charleston Line variations.

These dance variations could be used in a dance unit or an aerobics class for fitness. The session will be *active* participation. All of the introductory moves are non-partner moves and can be combined in a number of ways. Swing dance groups use this format of the Charleston Line for a fun break and alternative to partner dancing during a night of Lindy Hop and East Coast Swing dancing. Ask your classroom teachers which grades study the 1920's because this would be a great session to share with them. Be ready to move and have fun!

Part 1 - 1920's Charleston (4 count pattern)

- Brief history of the dance
- Easy basic move for Elementary teachers and kids
- Challenges and variations to add to this dance
- Simple Charleston Line Dance
- Current and classic music for the Charleston

Part 2 – 8 count pattern Charleston Line with called variations

- 8 count basic
- introduce many variations of the basic
- Do the Charleston Line with calls
- Partner/Group activity...create your own move

Note: This is not a regular line dance, it is just performed in lines. The variations can be "called" in any order once you learn them.

Suggested music: Slow – Star Scat by Caravan Palace
Slow – OOOH by Caravan Palace

Moderate – Joshua Fit the Battle of Jericho, Instrumental
Moderate – Hit the Road Jack by Ray Charles
Moderate – Runaway Baby by Bruno Mars

Fast – Swing, Swing, Swing
Fast - Mr. Pinstripe Suit by Big Bad Voodoo Daddy
Fast – Joline Coquine by Caravan Palace

For Elementary – Sweet Georgia Brown
Walking on Sunshine

PART 1

Search for the 1920's Charleston dance online if you are trying to incorporate history. The basic move for the 1920's Charleston is easiest to teach *first* so the students can get a feel for the style. This is it!

Fwd Bkwd
R R L L
Touch and Step and Touch and Step
1 & 2 & 3 & 4

You can add the knee movements, kicks instead of touches, big overall movements, etc.

CHARLESTON LINE DANCE

Suggested Music: Sweet Georgia Brown, Walking on Sunshine, Joshua Fit the Battle of Jericho

Type of Dance: 4 Wall Beginner Dance

Total # of counts: 16

Basic Steps: Ex: Charleston, Touches

Starting position: Start on right foot.

Notes: *Non-weight changes (transfers) in italics*

& = bounce on the & counts, style of the Charleston

Total Beats	Count	Action Cues	Short Version
1-4	1&2&3&4&	<i>Touch & Step & Touch & Step</i> R R L L	Charleston- R foot touching fwd and L foot touching bkwd
5-8	5&6&7&8&	<i>Touch & Step, Touch & Step</i> R R L L	Repeat the Charleston steps above
9-12	1 2 3&4	<i>Touch Touch Back /Side Step</i>	<i>Touch R out to side twice, then rhythm is 1&2 (##step/step step)</i>
13-16	5 6 7&8	<i>Touch Touch Back/*Turn Step</i>	<i>Touch L out to side twice, then back/ turn (¼ clockwise) step</i>

NOTE: 13 - 16 *Touch Touch Back/*Turn Step* (You are turning to a new wall to the right, ¼ turn while stepping on right foot during turn and ending on left foot during the step)

Movement Vocabulary – One word equals one step (beat) – based on Phyllis S. Weikart's Language to Dance Movement Vocabulary – modified at times with added vocabulary for line dancing.

Weight Transfers:

Step - a weight transfer in place

Back - crossing behind

Side - moving sideward

Turn-turning the body on a step to face a different direction

Non-Weight Transfers:

Touch - a movement of the foot against the floor

Kick - a movement of the leg in which the knee is straightened

Variations AND Challenges:

To make the dance easier try to teach it as a one wall dance first.

To make the dance easier substitute step/step step (in place move) for back/side step

To make the dance harder, or higher intensity, substitute a big forward *kick* for the forward *touch*.

To make the dance harder substitute extra turns on the back/side step (will show this).

Part 2

CHARLESTON LINE Options for the 8 count basic

-We normally do 3 basics then do a "called move" 3 times, then back to basics for 3 times and then a new called move for 3 times (in any order you want).

-Try to *call* the new move on the first 2 counts when you are doing back step. This will take some practice. The new moves usually happen on the last 4 counts on the right foot.

- Progressions - Introduce rhythm, slight pulse or bounce, with or without music
 - Teach basic, in parts
 - Add music, practice basic (a lot)
 - Introduce a "called move "" practice 3 basics plus new move 3 times
 - Try with music, repeating 3 basics plus new move 3 times
 - Introduce another new called move, practice with basics, etc.
 - You can probably introduce 3 or 4 moves, then add music
 - Keep repeating this pattern until you have introduced all moves
 - Try all the moves within one song, everybody facing same direction
 - Challenges - change the tempo between slow, moderate, fast song
 - Add 2 lines facing each other
 - Teachers and/or students make up their own new moves (last 4 counts)

CHARLESTON LINE – Basic The kicks are small. Slight variations occur, like kicking to the side on count 7. Count 6 *swings* slightly backward.

1	2	3	4	5	6	7	8
BASIC - Rock	Step	Kick	Step	Kick	Hold	Kick	Step
L	R	L	L	R	R	R	R
(Bkwd)		(Fwd)		(Fwd)		(Bkwd)	

Variations of the basics, below, usually happen on the last 4 counts but are called earlier, kind of like in square dancing.

TRACE - Rt. Foot traces a circle from front to back

STOMP (3 times)

PENGUIN -Toes out, Hands out

CHICKEN - Heels out, Elbows out

STOMP (Single) - Rt. Foot stomp one time and hold

STOMP (Double) - Rt. foot stomps 2 times and hold

HELICOPTER - Rt. Foot, circle behind, yell WOO WOO

ST. LOUIS - Rt. (Bkwd/Fwd)

AIR WALK - Clap under left leg!

AROUND THE WORLD - Kick to front wall, turning to kick back wall

TRAVEL - Change sides, if in 2 lines facing each other

SWINGKIDS - exaggerate movements, big arm swing

CRAZY KNEES - Knees come together and apart, fast

MARILYN MONROE - last 4, bend knees, pose

JOE DiMaggio - Baseball, last 4 turn & Swing

SLIDE - slow slide backward on right

WIGGLE - whole body, any way you want to

GRANDPA - takes up all 8 counts

MAKE IT UP!!! New move for the last 4 counts
