

What did the FOX say? Dance like nobody is watching!

Presenter: Stephanie Lawson, Keheley Elementary School, Cobb County Schools

Learn all the dances you need to know for birthday parties, dances, weddings, or any special 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 Mississippi Mud Slide, Down South Shuffle; Wobble baby (no lyrics), Okay Cokey, and the Wop. I am adding the FOX dance and the Halloween dance as well.

EQ: Why do we dance?

Mississippi Mud Slide: The right foot stomps, and the left foot stomps. You Cha cha with the right foot, and cha cha with the left foot, turn to the right and slide to your left. Step back and jump.

Down South Shuffle: 4 four wall dance moving in a counter clockwise direction. 2 toe taps to the right 2 X, then grapevine to the right. 2 toe taps to the left 2 X, and then grapevine to the left. Take it back on the right foot, back on the left foot. Repeat. Move at an angle to the right; step right, left, right, close and snap with right fingers up and to the right. Move at a left angle; left, right, left, close and snap with the left fingers up and to the left. As you complete this final step, turn $\frac{1}{4}$ to the left.

The Wop: by J Dash This is a two wall dance performed in a personal space or in a circle. Part A: 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. 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 side step forward and back

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

Wobble Baby 4 wall line dance. Caution! You must get this version without the lyrics or Family Force Five version

Jump forward, and wobble 4 counts. Jump back and wobble 4 counts. Lean to the right and wobble 4 counts. Lean to the left and wobble 4 counts. Step forward on the right foot, touch with the left foot and take 3 quick steps backward (or cha cha back) Repeat with stepping with the left foot forward.

Turn $\frac{1}{4}$ in a counter clockwise direction while side stepping backward for 8 counts. You can step touch backward or just lift your feet if your space is limited.

Okay 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 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.

What did the Fox say? Come and see;-)