

DANCING WITH THE “KIDS”

The following list is a brief description of “kids” dances with music recommendations.

1. Paper Shake- Using regular copy paper...shake it, throw it, crumble it, clap it...just follow the leader and make it up as you go along! Music- “I’m Gonna Get You” by Bizarre Inc. (for Christian groups...it’s great to “Big House” by Audio Adrenaline”)
2. Paper Plate Twister- Use 2 plates or pieces of paper...follow the leader as above, doing the Twist during the Twisting the Night Away part. Music- “Twisting the Night Away” by Sam Cooke
3. Muscle Twist- Use 2 paper plates (or nothing on a good floor)...4 muscle poses and then twist. Music- “Jailhouse Rock” by Elvis
4. Bunny Hop- Try it to “All Shook Up” by Elvis (2 R heels, 2 L heels, hop forward, hop back, hop 3 forward)
5. Sticky Popcorn- When the popcorn starts popping in the song, the group bounces (jumps) up and down. The leader calls out numbers indicating how many must bounce together shoulder to shoulder. Music- “Popcorn” by Hot Butter
6. Peanut Butter Jelly Time- Follow the words of the song and go to it! Music- “Peanut Butter Jelly Time” by Buckwheat Boyz (short version only!)
7. Fishin’ Circle- Groups of 4 to 8 form a circle and imitate the leader in the middle. When the leader wants to change, they “throw out a fishing line” and reel a new leader into the middle. Music- Anything with a good beat! I like “Play that Funky Music” by Wild Cherry
8. Redneck Dance- Using “Dueling Banjos” by Eric Weissberg and Steve Mandel; teacher leads...and the group follows. Everyone does elbow swings during the chorus.
9. Partner Mirror- One partner does slow movements and the other mirrors the exact movements. Music- “Getting to Know You” by James Taylor
10. Itsy Bitsy Spider- Using Little Richard’s “Itsy Bitsy Spider”...do a spider dance during the piano part. Do the Itsy Bitsy Spider movements during the part where Little Richard sings. Any other parts of the song...make it up (play air piano, bounce up and down, lay down and do leg dancing, etc.)
11. Hokey Pokey Shuffle- Play any version of the Hokey Pokey (Little Richard has a great version), and have students in circles of at least 4 but no more than 6. Every time “You do the Hokey Pokey and You Turn Yourself Around” everyone must switch circles.
12. Foot Dancing- Everyone seated, leaning back on their hands so that the feet are free to dance (to any good music). Foot Dancing is a lead and follow activity that is brutal on the abs! Tap them on the floor, clap them in the air, wave them in the air, etc.
13. Lummi Stick Routine- The leader starts with a 4 count tap and the class follows. Keep the beat even and use some good music (I like “La Fiesta” by Wil Smith).
14. Hip-Hop Tooty Ta, by Jack Hartman...Play it and follow along!

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