

Move Your Feet...It's Dance Time – NJAHPERD 2016

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SCOOT (4 Wall Line Dance)

Music- “Rock My World”, by Brooks & Dunn, or “California Girls”, by Gretchen Wilson, or “Shotgun”, Jr. Walker & the All Stars

8 cts. Grapevine R (4 cts.), Grapevine L (4 cts.)

4 cts. Walk backward R, L, R, then scoot forward on the R (L foot stays off the floor)

4 cts- Step forward on L, scoot forward on R (pick L up), step forward on L, kick/scuff R

while turning $\frac{1}{4}$

Teach Me How to WoBbLe (4 Wall Line Dance)

Music- “Wobble,” by Vic, or “Teach Me How to Wobble,” by Cupid, or “Everybody,” by Backstreet Boys.

4 cts. Jump forward with hands in air

4 cts. Jump backward with hands in air

4 cts. Lean right with hands in air towards left

4cts. Lean left with hands in air towards right

4 cts. Right-foot cha-cha

4 cts. Left-foot cha-cha

8 cts. Turn Left, walk back 8 steps

Add your own swag to the walk, leans and jumps! The wobble is a great dance for students to add their own moves and personalities to the steps.

Copperhead Road (4 Wall Line Dance)

Music – “Copperhead Road”, by Steve Earl, or “Chicken Fried”, by Zac Brown Band

8 cts. – Kick R, Kick L, Kick, R, Kick L

8 cts. – Hitch kick R, Hitch kick L (the Hitch is a kick forward, cross in front of the other leg, kick front, and return to start position...Irish Jig Style)

8 cts. – Kick R, Kick L, Kick R, Kick L

8 cts. – Stomp Jazz Square 2 x, turning $\frac{1}{4}$ L (or just stomp R, step L, R, L, then repeat with $\frac{1}{4}$ turn)

Bubba Dance (2 Wall Line Dance)

Music – “If Bubba Can Dance”, by Shenandoah

16 cts. – R Heel touch out and back 2 x, Heel splits 2 x, L Heel out and back 2x, Heel splits 2 x

16 cts. – Angle Slide step forward R 2 x, Angle Slide Step forward L 2 x, Step back R clap, Step back L clap, Step back R clap, Step back L clap

16 cts. – Grapevine R, Grapevine L with a 180 degree spin, Grapevine R, Grapevine L

Get Jiggy (4 Wall Line Dance) by N.Escudero

Music – Getting’ Jiggy Wit It, by Wil Smith

8 counts Side step to the R & L with truck driver arm motions (4 times total- R, L, R, L)

8 counts Side step to the R & L with “milking the cow” arm motions (4 times total- R, L, R, L)

8 counts step to the right with right foot, step with left foot in place, pick up luggage (popping move-shoulders, elbows and knees all are bent and pop to the rhythm of music)

8 counts Freeze pose

8 counts 4-step turn to the R & 4 step turn to the left (add a clap)

8 counts Side step to the R & L with “sassy snake” arms (4 times total- R, L, R, L)

8 counts Side step to the R & L with “ringing the bell” arm motions (4 times total- R, L, R, L)

8 counts Head bob

32 counts GET JIGGY! “Roll the dough” hand motion in place. Switch arm movements high and low after each 4 counts

Bass Cha Cha (4 Wall Line Dance)

Music – “All About That Bass”, by Meghan Trainor

8 cts. – Step/Together R, Step/Together L, Step/Together R, Step/Together L

8 cts. – Shimmy Step R (4 cts.), Shimmy Step L (4 cts.)

8 cts. – Cha Cha R, Cha Cha L

8 cts. – Walk forward R, L, R, then slide (drift) L turning 1/4 to face the L wall then walk forward again, R, L, R, L. (Optional {8 cts.} – Walk forward R, L, R, L then Cabbage Patch twice turning to the L 1/4 {4 cts.})

Superstar (2 Wall Line Dance) by Greg Davidson

Music- “Gonna Make You Sweat” (Everybody Dance Now), by C&C Music Factory

4 cts.- 4 hand waves over the head to the left

8 cts.- Headache walk R, 2 steps, headache walk L, 2 steps (headache walk is hand on forehead, the other straight out to the side with a wave...shoo away/attitude wave)

8 cts.- Block, push away, block, push away (block is 2 hands to the chest...like a football lineman block; push away is 2 hands straight out in front)

4 cts.- Train pivot on left foot 4 X in a circle (360 degrees)

8 cts.- 4 monkeys R, 4 monkeys L

8 cts.- Raise R hand up, then L hand up, then R hand 2 X. Repeat beginning with L hand

8 cts.- Raise R hand up and hold (2 cts.), raise L hand up and hold (2 cts.) in a Y, Bring R hand to L armpit and hold (2 cts.), bring L hand to R armpit and hold (2 cts.)

8 cts.- Superstar jump (stride jump) forward w/ hands raised and yell “Superstar”, jump back to attention. Repeat the entire Superstar jump sequence.

8 cts.- Walk forward 4 steps, walk back 4 steps

8 cts.- Walk forward 4 steps, turn 180 degrees to face back wall, walk forward 4 steps

*Paper Dance Music – “I’m Gonna Get You”, by Bizare Inc, and “Children”, by Robert Miles

And when you get the choice to sit it out or dance...I hope you dance!