

6th Grade Line Dancing Unit

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I always start with Cupid Shuffle, then El Caballo (slow), then Electric Slide. El Caballo (fast) is for extra credit!!!

Teachers: I used a 6 point rubric with room for extra credit because being behind a screen makes it harder for the kids to learn the dance. In face-2-face the lower skilled kids are able to watch the higher skilled kids everytime they turn.

DANCE RUBRIC The score is out of 6 points total

Letter Grade Equivalent	Rubric Point Score	Level	Descriptors
A+/Extra Credit	7 or 8	ADVANCED	<ul style="list-style-type: none"> ● Demonstrates all 4 of the steps consistently ● Has style and flair ● Has rhythm
B+/A	5 or 6	PROFICIENT	<ul style="list-style-type: none"> ● Demonstrates all 4 of the steps mostly consistently ● Has some style and flair ● Has some rhythm
C/B	3 or 4	BASIC	<ul style="list-style-type: none"> ● Demonstrates all 2 or 3 of the steps inconsistently ● Has little or no style and flair ● Has little rhythm
D/C-	1 or 2	BELOW BASIC	<ul style="list-style-type: none"> ● Demonstrates all 1 or 2 of the steps inconsistently ● Has no style and flair ● Has no rhythm
F	0	FAR BELOW BASIC	<ul style="list-style-type: none"> ● Demonstrates none of the steps at all ● Has no style and flair ● Has no rhythm

Teachers: This is a culminating project to help those kids who are not great dancers keep their grade up by giving them one more assignment in the unit that does not involve movement. I do this in every unit so the very unskilled physically kids don't have to fail PE because of physical skill. They did this in google slides. An example is below the assignment description

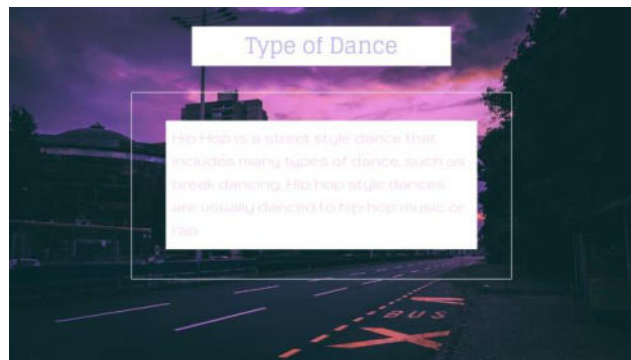
Dance Research

Your task is to pick a dance either from your own culture or from a culture you are interested in learning about. You will research this dance and create a short google slide presentation that shows what you learned from your research.

- Must have at least 5 slides minimum (more is great if you can find more facts to show us)
- Add pictures where appropriate (every slide is fine)
- Must include one slide for each of these topics
 - Dance name
 - Country of origin
 - Type of dance
 - Explain how the dance is done (steps)
 - Any other fact and/or add a short clip of the dance if you know how to do that

Here is one of the better examples from this unit this year:

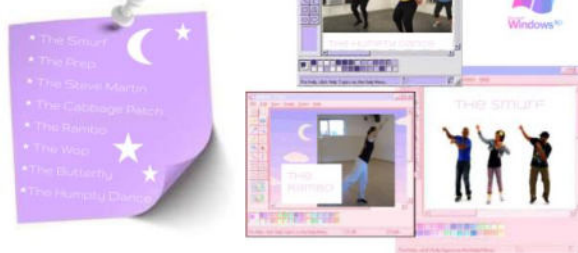




The First Hip Hop Dance



Common Hip Hop Dance Moves



The Steve Martin: How to (Steps and Clip)



Teachers: These are the resource pages I made for the kids to look at at home when they needed to see the correct way to dance these line dances

The Electric Slide

This is the last dance I usually teach because the scuff turn is harder to teach.

This is a harder dance than the Cupid Shuffle or El Caballo Dorado-No Rompas Mas, because it has 18 steps rather than 16 or 32 like the previously learned dances.

[Electric Slide Original Song Video](#)

[Electric Slide How To Dance Video](#)

Grapevine Right

- Step Right foot to the Right
- Cross Left foot behind Right and Step
- Step Right Foot to the Right
- Touch Left toe next to the Right

Grapevine Left

- Step Left foot to the Left
- Cross Right foot behind Left and Step
- Step Left Foot to the Left
- Touch Right toe next to the Left

Step Back Right, Left, Right, Hop

- Step back in Right foot
- Step back on Left foot
- Step back on Right foot
- Scoot or Hop slightly forward on Right foot

Step, Rock, Rock, Turn

- Step forward on Left foot
- Rock back on Right foot
- Rock forward on Left foot
- Scuff turn with right foot $\frac{1}{4}$ turn Counter Clock Wise (CCW)

Repeat Pattern

This is the second dance I teach.

[El Caballo Dorado \(fast and slow versions\) How To Video](#)

[El Caballo Dorado-No Rompas Mas \(slow\) Song](#)

[El Caballo Dorado-Payaso de Rodeo \(fast\) Song](#)

[Video of high school kids dancing both dances with a variation in the turn\(slow then fast\)](#)

El Caballo Dorado-No Rompas Mas (slow) & Payaso de Rodeo (fast)

Two steps to the right, two steps left, two steps back, two steps forward, 90-degree turn and repeat.

Starting Position

The Caballo Dorado is a line dance so it will be performed with however many people choose to join the fun. Once you're lined up in your row you can begin the dance.

Once the music starts, so does the Dorado. Keep your left foot planted at all times, and take a step forward with your right foot. Simultaneously you want to snap your finger. Bring your foot back, and step forward again, snapping your finger in rhythm. You'll continue doing this move until the beat changes up.

Moving Right

Once the beat changes, you'll take **two steps to the right** while you're still facing forward. Don't cross your feet when you're stepping to the right.

Take one step to the right with your right foot, bring your left foot to touch your right foot, then take another step with your right foot. Bring your left foot over to your right foot, but make sure only your toes step to the floor.

Moving Left

Once you make your second step to the right, you're ready to begin moving **two steps to the left**. Right after your second step, take a step to the left with your left foot. Bring your right foot over to touch your left foot, and then take another step left with your left foot. Bring your right foot over to your left foot again, but only push your toes against the floor.

Moving Back

Once your right toes are on the floor, you want to push off, and **take two steps back**. Bring your left foot back to your right, and take another step back with your right foot. Bring your left foot back, but only press your toes to the ground.

Moving Forward

Two steps forward and turn 1/4 to the left. Once your toes press off the ground, take a step forward with your left foot. Bring your right foot to touch your left foot, and then take another step forward with your left foot. Bring your right foot forward, but only press down on your toes. This is where the dance changes. Once your right toes touch the floor, turn your body 90 degrees to the left, or counter-clockwise.

This is the 1st dance I teach.

[Cupid Shuffle Original Song-Video](#)

[Some 5th graders dancing the cupid Shuffle-They start dancing the actual steps around 52 seconds](#)

[How to Dance the Cupid Shuffle-Video](#)

CUPID SHUFFLE STEPS IN WRITING

Description: 32 count, 4 wall, ultra beginner line dance

Music: Cupid Shuffle by Cupid [CD: Cupid]

This dance is a 32 count simple dance in the same vein as Electric Slide, Cha Cha Slide, etc

SIDE STEP TOGETHER TO THE RIGHT

1-8 Step right foot side right, step left foot together (4 times)

SIDE STEP TOGETHER TO THE LEFT

1-8 Step left foot side left, step left foot together (4 times)

HEEL TOUCHES (OR KICK)

1-2 Touch either heel forward, step that foot next to the other foot (Right kick)

3-4 Touch the other heel forward, step that foot next to the other foot (Left kick)

5-8 Repeat 1-4 (2 more kicks)

TURN ¼ LEFT

1-8 March in place for 8 counts, gradually turning ¼ turn to the left

Make these last 8 counts as stylish as you want. Bend your knees and alternate knees apart-knees

together on each step. Or do whatever funky moves you can

REPEAT WHOLE DANCE UNTIL SONG FINISHES