

STEP IN LINE

DANCES FOR MIDDLE & HIGH SCHOOL STUDENTS

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Dance Steps

HandClap

Music – HandClap by Fitz and the Tantrums

- **Toe Heel Sway R to L** – start swaying to the right and shifting weight to left using toe heel steps and swaying arms. **8x** (two quick 8 counts)
- ***Step R, Step L, Step R, Step R Swim Through** – Step together to the right, step together to the left, then double step together to the right (single, single, double) while arms sway for the single step together and then arms do a single slow breaststroke swim through. **Four 8 counts**
- **March R, March L, Shake Finger** – Stomp the right foot down in place then stomp the left foot in place then shake one finger to the sides R, L, R, L.
- **Crisscross Jump Twice, Around the World Claps** – Jump legs crossed right over left then jump legs to uncross, Jump legs crossed left over right then jump legs to uncross, then clap hands in a circular movement 5 times quickly. **2x (two 8 counts)**
- **REPEAT ABOVE SECTION (Starting with *Step R)**
- **FrontBack Step – R Forward, L Forward, R Back, L Back** – Step the right foot forward then left foot forward then step the right foot back and then step the left foot back. **4x**
- **Box Step (Step R Cross L)** – Step the right foot forward then step with the left foot towards the right to cross over the right foot, then step back with the right foot then step left with the left foot. **3x**
- **Crisscross Jump Twice, Arm Roll It Up** – Jump legs crossed right over left then jump legs to uncross, Jump legs crossed left over right then jump legs to uncross then slightly bend forward while circling arms and extending upwards.
- **Walking Flap Pivot** – R Step Forward ½ Pivot L Together, L Step Forward ½ Pivot R Together, R Step Back ½ Pivot L Together, L Step Back ½ Pivot R Together with Side Arm Flaps – **Four 8 counts**
- **Step R, Step L, Step R, Step R Swim Through** – Step together to the right, step together to the left, then double step together to the right (single, single, double) while arms sway for the single step together and then arms do a single slow breaststroke swim through. **Four 8 counts**
- **March R, March L, Shake Finger** – Stomp the right foot down in place then stomp the left foot in place then shake one finger to the sides R, L, R, L.
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- **Walking Flap Pivot** – R Step Forward ½ Pivot L Together, L Step Forward ½ Pivot R Together, R Step Back ½ Pivot L Together, L Step Back ½ Pivot R Together with Side Arm Flaps – **Four 8 counts**
- **Step R, Step L, Step R, Step R Swim Through** – Step together to the right, step together to the left, then double step together to the right (single, single, double) while arms sway for the single step together and then arms do a single slow breaststroke swim through. **Four 8 counts**
- **Toe Heel Sway R to L** – start swaying to the right and shifting weight to left using toe heel steps and swaying arms. **8x** (two quick 8 counts)

The Greatest

Music – The Greatest by Sia

- **R Ball Change, L Ball Change, Step Back, 2, Turn it out** – Right foot step ball change, left foot step ball change, right foot back, left back, right foot steps out to the side for a corner turn to the next wall, close step with left foot. **4x**
- **Backstroke Knee Lift, In, Out, In** – Arms alternate circling backwards each time with the same knee lifting, then jump feet in, out, in. **2x**
- **Swim Skip & R Side Shuffle, Back Rocker Step, L Side Shuffle Back Rocker Step & Around the World Arms** – Swim arms and skip in place 8 count, then side shuffle to the right with arms circling overhead counterclockwise, back rocker step, side shuffle to the left with arms circling overhead clockwise, back rocker step for an 8 count. **2x**
- **REPEAT ABOVE SECTION**
- **Roll Forward Roll Back** – Circle arms around each other while bending slightly forward for a 4 count, circle arms around each other the opposite direction while bending slightly backward for a 4 count. **2x**
- ***Bounce 2, 3** – Take a quick mini step right, then left, then right again, with open palms facing down and pushing in a downward direction along with the mini steps right, left, right.
- ***Lift, Back, 2, 3** – As you come up the right leg lifts up, steps back behind the left foot, left foot steps out to the left, right foot steps out right.
- ***Up, Up, Down** – Close fist and lift bent right arm up, then same with the left arm, then both arms come straight down into a slight squat.
- ***Shimmy Up** – Shimmy shoulders to stand up straight.
- Repeat this *sequence 3 more times alternating sides.
- **Backstroke Knee Lift, In, Out, In** – Arms alternate circling backwards each time with the same knee lifting, then jump feet in, out, in. **2x**
- **Swim Skip & R Side Shuffle, Back Rocker Step, L Side Shuffle Back Rocker Step & Around the World Arms** – **4x**

La Mordidita

Music – La Mordidita by Ricky Martin

- **Sway Low 2, 3, 4, Up 2, 3, 4 (2x)** – Quick sways side to side while swaying your hands low for 4 counts then up high for 4 counts.
- **Right foot front, back, front, back, pivot, raise arms (2x)** – Right foot steps in front of left, left foot lifts up and down in place, then right right foot steps back, and left foot lifts up and down in place and repeat that again. Then step the right foot forward to pivot both feet on a 180 degree turn to face the back wall then step the right foot forward again to pivot both feet on a 180 degree turn to face the front wall. Then raise both arms out to the sides lifting up over head for a 4 count.
- **FrontBack Step** – Step the right foot forward then left foot forward then step the right foot back and then step the left foot back. (3x)
- **Pivot** – Then step the right foot forward to pivot both feet on a 180 degree turn to face the back wall then step the right foot forward again to pivot both feet on a 180 degree turn to face the front wall.
- **Grapevine (4x)** – Right, left, right, left with a clap after each time.
- **Bounce Walk Side Tap (6x), Walk Back 2, 3, 4 (2x)** – Feet together and bend knees slightly then step left foot out to the left side and tap toe, then bend knees slightly then step right foot out to the right side and tap toe, repeat on each side for a total of 6 alternating bounce taps, then walk 4 steps back starting with the right foot.
- **Monkey** – Alternating step ball changes and arm overheads in place starting with the right foot and the right arm is up over head. This step is performed quickly for two 8 counts.
- **Repeat from the top**

Ego

Music – Ego (US Version) by Willy William

- **Slide R, L, R, Left Step** – Slide R, Slide L, Slide R (3 Slides) slowly each time circling hands in a rainbow motion ending up at the knees then step left foot to be centered.
- **R, L, Prayer Hands**
- **Step Together R 2x Step Together L 2x**
- **March R, L, R**
- **R, L, Prayer Hands**
- **R Arm, R Leg, Prayer Hands, L Arm, L Leg, Prayer Hands 3x**
- **R, L, Prayer Hands**
- **Slow Skater R, L, R with Rainbow Arms**
- **R, L (no time for Prayer Hands straight to pump)**
- **Bounce R, L, RR; L, R, LL; R, L, RR Walk Back 2, 3, 4 (L, R, L, R)**
- ***Repeated below with slight differences** – Faster tempo & some steps have more reps this time.
- **Slide R, L, R, L, R, L** – Slide to the right and left faster than the first time through and this time 6 alternating right left slides.
- **R, L, Prayer Hands**
- **Step Together R 2x Step Together L 2x**
- **March R, L, R**
- **R, L, Prayer Hands**
- **R Arm, R Leg, Prayer Hands, L Arm, L Leg, Prayer Hands 3x**
- **R, L, Prayer Hands**
- **Fast Skater with Rainbow Arms 6x**
- **R, L (no time for Prayer Hands straight to pump)**
- **Bounce R, L, RR; L, R, LL; R, L, RR Walk Back 2, 3, 4 (L, R, L, R)**
- **Slide R, L, R, Left Step** – Slide R, Slide L, Slide R (4 Slides) slowly each time circling hands in a rainbow motion ending up at the knees then step left foot to be centered.
- **R, L, Prayer Hands**
- **Step Together R 2x Step Together L 2x**
- **March R, L, R**
- **R, L (no time for Prayer Hands ¼ turn clockwise pump)**
- **Bounce R, L, RR; L, R, LL; R, L, RR Walk Back 2, ¼ Turn Clockwise (4x)**
- **R, L, Prayer Hands**

No Words

Music – Lelo Mila 3 by Zafrir Ifrach

- **Fist Pump Step Togethers R, L, R, L** – Double fist pump 2 step shuffle or step together step together, stepping towards the corners of each wall, 8 counts counterclockwise to all 4 walls.
- **Box Step & Front Back Step** – **R Box Step 2x, R Step Forward R Step Back 2x**
L Box Step 2x, L Step Forward L Step Back 2x
- **Box Step Explained-** Step the right foot forward then step with the left foot towards the right to cross over the right foot, then step back with the right foot then step left with the left foot. (2x) 8 counts
- **Front Back Step Explained** - Right foot steps forward, left foot steps forward, then right foot steps back, and left foot steps back. (2x) 8 count
- **Jump Forward Flutter Fingers Up**
- **Skater Step R, L 8x**
- **Jump Forward Flutter Fingers Up**
- **Pivot Sequence with Grapevine Heel R & L** - Step the right foot forward and continue stepping and pivoting around the left foot counterclockwise for an 8 count, then grapevine to the right tap the left heel then grapevine to the left tap the right heel. Shift the weight to the right foot and step the left foot

- forward and continue stepping and pivoting around the right foot clockwise for an 8 count, then grapevine to the left ending with a right heel dig then grapevine to the right ending with a left heel dig.
- **Box Step & Front Back Step - R Box Step 2x, R Step Forward R Step Back 2x**
 - **L Box Step 2x, L Step Forward L Step Back 2x**
 - **ADD: R Front Back Step 3x**
 - **Jump Forward Flutter Fingers Up**
 - **Skater Step R, L 8x**
 - **Jump Forward Flutter Fingers Up**
 - **Pivot Sequence with Grapevine Heel R & L**
 - **Alternating Shoulder Rolls R, L 8x**
 - **Right foot front, back, front, back, of stationary left foot 4x (8 counts)**
 - **Left foot front, back, front, back, of stationary right foot 4x (8 counts)**
 - **Side sway 4 count**
 - **Diagonal walking forward step together 4x (8 counts)**
 - **Diagonal walking backward step together 4x (8 counts)**
 - **High, low, high side punches right side, high, low, high side punches left side**
 - **Right foot front, back, front, back, of stationary left foot 4x (8 counts)**
 - **Left foot front, back, front, back, of stationary right foot 4x (8 counts)**
 - **Skater Step R, L 8x**
 - **Pivot Sequence with Grapevine Heel R & L**

Cha Cha Skate

Music – Missing you by Trey Songz

- Grapevine to the right + clap, grapevine to the left + clap, 8 counts
- Cha cha step starting on the right foot, step forward on the left and rock back on the right
- Cha cha step starting on the left foot, step backward on the right foot and rock forward to the left foot
- Turning cha cha step counter-clockwise takes you on a $\frac{3}{4}$ turn initiated by the right foot, rock on left foot and rock to right foot (actually puts you $\frac{1}{4}$ turn right of your start wall)
- Turning cha cha step clockwise takes you on a 360 turn initiated by the left foot, rock on right foot and rock to left foot (should be facing the same wall as above step)
- 4 Alternating skater steps starting on the right foot forward and then 4 alternating skater steps backward for 8 counts

MJ Shuffle

Music – They Don't Really Care About Us by Michael Jackson

- Right foot taps out to the right and back to center 2x
- Left foot taps out to the left and back to center 2x
- Right foot taps forward once and back to center, left foot taps forward once and back to center
- Right foot taps forward and pauses, jump switch feet so that left is in front then bring left foot to center
- Right foot taps forward once and back to center, left foot taps forward once and back to center
- Right foot crosses in front of left, left foot taps out to the side with a $\frac{1}{4}$ turn clockwise and do 2 more alternating cross step taps forward, then do a mini jump forward
- Repeat

Please Don't Stop The Music

Music - Please Don't Stop The Music by Rihanna

- Tap right foot back left, bring back to center, tap left foot back right, bring back to center for 8 counts
- Step right foot forward and $\frac{1}{2}$ turn pivot counter-clockwise, step left foot backwards and $\frac{1}{2}$ turn pivot counter-clockwise, 4 counts
- Walk backwards starting with the right foot for 4 counts
- Alternating single, single, double jumping side taps (right, left, right, right, left, right, left, left), 8 counts
- Crisscross jump right in front of left, jump to uncross, 2 counts
- Crisscross jump left foot in front of right foot, uncross $\frac{1}{2}$ turn pivot clockwise, 2 counts
- Count 5,6,7,8 and repeat

September

Music – September by Earth, Wind & Fire

First 8 Count

- Tap right foot forward twice
- Tap right foot back twice
- Tap right foot forward once
- Tap right foot back once
- Tap right foot out to the side once
- Right knee lifts upward on a cross the body diagonal

Second 8 Count

- 3 walking steps towards the right and then left knee lift towards the right
- 3 walking steps towards the left, and one last step to set body straight

Third & Fourth 8 Count (Repeat this part 2 times)

- Forward tap with right foot while twisting body toward left
- Forward tap with left foot while twisting body toward right
- Step touch to the right, step touch to the left

Freeze

Music – Freeze by T-Pain

- Right foot straight out to the side, right knee towards chest straight up, right foot down to original standing position
- Left foot straight out to the side, left knee towards chest straight up, left foot down to original standing position
- Pivoting on left foot, right foot forward, turning 90 degrees to the left. (counter-clockwise)
- Pivoting on left foot, right foot back to original standing position. (clockwise)
- Pivoting on left foot, right foot backwards, turning 90 degrees to the right. (clockwise)
- Pivoting on left foot, right foot back to original standing position. (counter-clockwise)
- Pivoting on left foot, right foot forward, turning 90 degrees to the left, plant right foot to the front and turn the body 90 degrees to the left (counter-clockwise) to face the new wall.
- Step touch bringing left foot to tap next to right planted foot. Step left, shift weight, and close and tap right foot, step right shift weight and close and tap left foot, step left shift weight and close and tap right foot. Should face new wall to the left of original starting position.
- Repeat
- When singer says “freeze” do 2 cha cha steps (1,2, cha, cha, cha) and then continue from the top