

SHARE THE WEALTH

Making Dance Fun: “ Come On and Ride The Train”

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8:10 – 9:00

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The purpose of the session is to provide teachers with ideas on ways to make dance fun and successful for all participants. Participants should be prepared to become activated and have fun with line dancing. Teachers will learn ways to make line dancing easy and successful for upper elementary, middle, and high school students. Specific progressions will be outlined to help teachers understand effective methods of teaching line dancing. Throughout the session, teaching cues, skill corrections, and ways to motivate and encourage students to be active and have fun will be presented. Come and learn from university students how dance can be fun and rewarding to teach.

Electric Slide

Electric Slide

1. Step with the right leg to the right.
2. Bring left foot towards right and tap left foot on ground.
3. Step to the right again with the right foot.
4. Bring left foot towards right and tap again.
5. Step to the left with the left leg
6. Bring right foot towards left and tap right foot.
7. Step to the left once again.
8. Bring right foot to meet left and tap right foot.
9. Step backwards for 3 counts start with the right foot.
10. On the 4th count tap left foot on ground.
11. Lean body forward as you step with the left foot. Student should touch the floor when they bend over.
12. Tap right foot to the ground.
13. Take one step backwards with right foot.
14. Tap left foot to ground

15. Make a quarter turn to the left (counter clockwise) while “kicking out” with the right leg. The right foot should “scuff” the floor.
16. The momentum of the kick should start the dance over and all steps are repeated.

**The Train Line Dance
Criteria Sheet
Reciprocal Style**

Name _____ Period _____ Date _____

The dance begins with all dancers standing with the feet shoulder width apart.

Part One:

Counts 1 & 2: Right elbow punches out to the right side (2 punches).

Counts 3 & 4: Left elbow punches out to the left side (2 punches).

Counts 5 & 6: Right elbow pull straight down toward the floor (2 pulls).

Counts 7 & 8: Left elbow pull straight down toward the floor (2 pulls).

<u>Task/Criteria</u>	<u>Acceptable</u>	<u>Unacceptable</u>
1 & 2	_____	_____
3 & 4	_____	_____
5 & 6	_____	_____
7 & 8	_____	_____

Part Two:

Counts 1 & 2: Place left hand under the right elbow and pull downward twice (choo-choo).

Counts 3 & 4: Lean forward and roll the arms, one over the other twice.

Counts 5 & 6: Place right hand under the left elbow and pull downward twice (choo-choo).

Counts 7 & 8: Lean forward and roll the arms, one over the other twice.

<u>Task/Criteria</u>	<u>Acceptable</u>	<u>Unacceptable</u>
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1 & 2	_____	_____
3 & 4	_____	_____
5 & 6	_____	_____
7 & 8	_____	_____

Count 1: Step diagonally forward to the left with the left foot.

Count 2: Bring the right foot to the left foot and stomp.

Count 3: Step diagonally forward to the right with the right foot.

Count 4: Bring the left foot to the right foot and stomp.

Count 5: Step diagonally back to the left with the left foot.

Count 6: Bring the right foot to the left foot and stomp.

Count 7 & 8: Step backward with the right foot and stomp with the left foot while making a quarter turn to the right.

<u>Task/Criteria</u>	<u>Acceptable</u>	<u>Unacceptable</u>
Count 1:	_____	_____
Count 2:	_____	_____
Count 3:	_____	_____
Count 4:	_____	_____
Count 5:	_____	_____
Count 6:	_____	_____
Count 7 & 8:	_____	_____

Music: The Train By: Quad City DJ's

Thriller Line Dance

**CRITERIA SHEET
SELF-CHECK STYLE**

Name _____ Period _____ Date _____

Part one: Monster Claws

Counts 1 & 2: The students will make monster claws to the right and step with the right foot diagonally out to the side.

Counts 3 & 4: The students will make monster claws to the left and take a step with the left foot diagonally out to the side.

Count 5: The students will take one quick step for one count to the right making monster claws.

Count 6: The students will take one quick step to the left making monster claws.

Count 7: The students will take one more step to the right making monster claws.

Count 8: The students will take one more step to the left making monster claws.

<u>Task/Criteria</u>	<u>Acceptable</u>	<u>Unacceptable</u>
1 & 2	_____	_____
3 & 4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____

Part two: The Slide, Shimmy, Clap

Counts 1, 2, 3 & 4: The students will slide to the right leading with the right foot and shimmy the shoulders by moving them up and down keeping the arms down and the hands beside the body. On count four, the students will clap the hands above the head.

Counts 5, 6, 7 & 8: The students will slide to the left leading with the left foot and shimmy the shoulders. On count 8, the students should be standing back tall and they will clap the hands above the head on count 8.

<u>Task/Criteria</u>	<u>Acceptable</u>	<u>Unacceptable</u>
1,2,3,& 4	_____	_____
5,6,7,& 8	_____	_____

Part Three: The Lasso

Counts 1-8: The students will form a lasso above the head with the right arm. They will put the left arm on the left hip. The students will gallop around in a circle swinging the lasso above their

heads. This will be an eight count so they need to make sure to take small steps when turning. They will make a complete circle and face the same wall on count 8.

<u>Task/Criteria</u>	<u>Acceptable</u>	<u>Unacceptable</u>
1,2,3,4,5,6,7,& 8	_____	_____

Part Four: The Kick

Counts 1-4: Step back with right foot (1), then with left (2), then right again (3), and then again with left (4). Sway your hips when stepping back.

Counts 5 & 6: Kick the right leg straight out in front of the body.

Count 7: Make a quarter turn to the left.

Count 8: Snap the right leg back around and place the right leg next to the left foot.

<u>Task/Criteria</u>	<u>Acceptable</u>	<u>Unacceptable</u>
1,2,3,& 4	_____	_____
5 & 6	_____	_____
7	_____	_____
8	_____	_____

Part Five: The Deal

There are three parts to this movement of the line dance: Bent knee, Lean, and Deal

1. Stand with shoulders width apart. Bend the right leg, lift the heel, and move the leg in and out (like opening and closing a door). Then bend the left leg, lift the heel, and move the leg in and out (like opening and closing a door).
2. Add the lean while doing the previous movement. Lean to the right for four counts then to the left for four counts.
3. Add the deal. Move the right hand in the motion of dealing card for four counts then the left hand for four counts.

Put all three parts together: Four(1-4)counts to the right and four (5-8)counts to the left

The dance starts over.

<u>Task/</u> <u>Criteria</u>	<u>Acceptable</u>	<u>Unacceptable</u>	<u>Task/</u> <u>Criteria</u>	<u>Acceptable</u>	<u>Unacceptable</u>
1	_____	_____	5	_____	_____
2	_____	_____	6	_____	_____
3	_____	_____	7	_____	_____
4	_____	_____	8	_____	_____