

5th Grade Dance Activities

Ms. McGrath

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Week 1

Let's STRETCH our bodies

Can you remember our warm-up?

Head moves

Arm circles

Roll down

Heel toes

Plie, releve

Tendu, flex

Tendu, passe

Contractions

Swings, chasse

Lunge, Balance

Balance

We will continue working toward our 5th Grade End of the Year Dance Show.

Groups:

Charleston/Swing

Malik, Ibn, Essa, Dariel, Kinverlin

Hand Jive/Cha cha

Mery, Juliette, Valeria, Alison, Alicia, Willmary, Dairy, Jazmin, and Kimberley

Hustle/Disco/Time Warp/Electric Slide

Marlon, Karamo, Ashley, Raymen, Lamar, Pablo, Essence, Yandiel

Line Dances/Macarana, Achy Breaky Heart, Cha cha Slide

Stephanie, Yuliana, Alexania, Mel, Aolani, Chloe, Ismerai

Running Man/Carlton/Vogue

Justin, Emely, Skylah, Teresa, Yorbis, Meidy

Crank That/Single Ladies

Angelise, Destiny, Branson, Maryamu, Nahje, Creysi, Denesha, Ayanah

Gangnam Style/Harlem Shake

Kordai, Erilian, Vegan, Clarence, Adonis, Sebastian, Marvin, Iverson, Lenny, Aikay

Start to research or think about your dances, what moves do you need to include? What other moves could you add? Check out videos online if possible.

Week 2

Let's STRETCH our bodies

Let's do our warm-up

What song or songs do your dances go with? Research what songs these dances were danced to.

If you can listen to the music try to put some movements to the music.

Create a few 8 counts movement ideas.

Don't forget:

-Use the specific moves of the dance craze but you can also add your own ideas.

-You can repeat moves in a pattern.

-What formation is your group going to be in?

-How will you get in to your spots and how will you go off to the sides of the stage?

-You can use canon and unison

Week 3

Let's STRETCH our bodies

Let's do our warm-up

Continue working on your end of the year dance!

Look at your "Dances Around the World Packet"

Read all the articles and answer the following questions:

1. What dance or dances would you like to learn and why?
2. Compare and contrast these dances.
3. How and why is this dance an important part of these cultures?