Name/Title: Dancing with Glee (February 2011)

Purpose of Event: To correctly remember and perform the 32-count dance sequence to the song "Proud Mary." (Students can add their own interpretation of the music to each step.)

Suggested Grade Level: 5-12

Materials Needed: CD player

Recommended music: "Proud Mary," as performed by the cast of Glee and found on the album Glee: The Music, Vol. 2. The individual song can be downloaded from iTunes.

Beginning dance formation: Students are randomly spaced on the gym floor.

Description of Idea

Introduction: "Proud Mary," as done by the cast of the popular TV show Glee, is a remix of the original song done by Tina Turner in 1971.

Step 1 – Slides R, L:

Counts 1-8 – (counts 1-4) Moving to the R - Step R to side, close L foot next to R and step L, step R to side, touch the L toe next to the R foot. Cue with the words: step, close, step, touch. (counts 5-8) Reverse the movement moving to the L – Step L to the side, close R foot next to L and step R, step L to the side, touch the R toe next to the L foot. Cue with the words: step, close, step, touch
*** Style: Ask students to put their own style, bounce and interpretation of the music into the movements. They can make the steps wide, add hips, arms, etc.

Step 2 – Knee, Step, Run, Run:

Counts 1-8 – (Counts 1-4) Raise R knee (1), step R (2), run L (3), run R(4). Reverse and perform this movement starting by raising the L knee (5), step L (6), run R (7), run L (8)
*** Style: Ask students to add their own style into the step. They could make the 2 runs a ball change and/or add arms to add variety and make the step their own!

Step 3 – Rolling!:

Counts 1-8 –Keeping feet slightly apart and moving hips to the music, roll the hands above the head for 2 counts, below the waist for 2 counts, above the head for 2 counts and below the waist for 2 counts.
*** Style: Again, challenge the students to add their own interpretation to this step. They could do the arm rolls looking side, front, side, front or even add some different foot work to the step.

Step 4 – Pivot Turns, Shoulders:

Counts 1-8 –Pivot turn by placing R foot forward and pivoting ½ turn to the L, step L (1-2), pivot turn again by placing R foot forward and pivoting ½ turn to the L, step L (3-4). The class is now facing the original wall. Step out with R foot while moving R shoulder to the front and back (5-6), step out with L foot while moving L shoulder to the front and back (7-8).
*** Style: A ¼ turn to the R can be added on counts 7-8 of step 4. The dance can now be performed facing a new wall. It might be a good idea to teach the dance and perform it to the music several times before adding this variation.

There are breaks in the song when the class will need to run in place. Emphasize raising the knees as the class runs for 12 counts.

Follow the pattern listed below and the "rolling" movement should go with the words of the chorus, "rolling on the river…"

Putting the dance to music: Hold during the first 16 counts of the song. The song begins with a very slow tempo.

Perform steps in the following order: 1, 2, 3, 4. Repeat 1, 2, 3, 4. Repeat 3, 4.

The tempo of the music increases. During the rest of the song perform the steps in the following order:

Perform steps 1-4 3x through. Repeat steps 3 & 4. Perform steps 1-4. Run in place for 12 counts.

Perform steps 1-4 2x through. Repeat steps 3 & 4. Perform steps 1-4. Run in place for 12 counts.

Perform steps 1-4 2x through. Repeat steps 3 & 4. Perform steps 1-4. Run in place for 12 counts.

Perform steps 3-4 until the end of the song.

Assessment Ideas:

Initially students can be assessed on their ability to perform the 4 steps in a row correctly, recalling the pattern. Later the students can be assessed on their ability to perform the steps correctly and stay with the rhythm of the song. Lastly, the students can be asked to incorporate some of their own style (interpretations) into one or more of the steps.

Submitted by **Brenda Goodwin** who teaches at Missouri State University in Springfield, MO. Thanks for contributing to PE Central! **Posted on PEC: 5/16/2011**.

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