

Name/Title: Give Love Dance

Purpose of Event: To provide a great group dance for children to do either in physical education or as a movement break in the classroom.

Prerequisites: Reviewing the steps in the dance is suggested, but there are no prerequisites to perform this dance successfully.

Suggested Grade Level: K-2

Materials Needed: Music and music player.

Recommended music: MC Yogi-Give Love Mix. Try using the youtube version in the classroom if you have a smart board or LCD projector. Children can sign the words. The song can also be purchased on iTunes. You can use the youtube video:
(<http://www.youtube.com/watch?v=rpVUih5nY9g>)

Beginning dance formation: Standing in self space or next to the classroom desks

Description of Idea

This is a fun dance for everyone to learn. Once you hear the song, you will be "hooked". The song shares a great message and the dance is one that teachers can change to match their movement comfort level.

Sequence One

8 cts. Lean forward from right to left for 8 cts, with your left hand pointer finger in front of you lips for "Hush little daring, don't you cry."

8 cts. Sway back the other directions for 8 cts with your left thumb up for "Every little thing is going to be alright."

8 cts. Lean back from right to left waving your pointer finger back and forth for 8 cts. For "Don't you worry; don't be afraid"

8 cts. Lean back the opposite direction for 8 cts with an ok symbol for "Everything is going to be ok"

Sequence Two

4 cts. Open left arm out to side for 4 cts "Open up your heart, unlock the cage"

4 cts. Open right arm out to side for 4 cts "Turn the key and break the chain"

8 cts Open both arms out to side for 4 cts "Love will always find the way" then lift up overhead for 4 cts "If you want love you got to give love away"

8 cts. With palms together move hands down the center of the body swaying hands side to side for 8 cts.

Sequence Three/CHORUS "Give love"

1-4 cts - Reach arms up to left (1 ct), to right (1 ct), then reach two times to left (2 cts.)

5-8 cts - Reach arms up to right (1 ct), to left (1 ct), then reach two times to right. (2 cts.)

Repeat for a total of 4 sets of the 8 cts

8 cts Form a heart with your hands and pulse it forward as you move from left to right and then right to left.

8 cts Blow kisses as you move from left to right and right to left

REPEAT SEQUENCE TWO “Love is life and life is living” “Living is love, love is giving”
“Live to give love...”

Sequence Four “Cuz love is priceless”

16 cts Cross hands back and forth over knees as you rock knees back and forth

Sequence Five

8 cts Reach left arm up for two cts in a fist, right arm two cts, then both arms up for 4 cts

8 cts “Love is righteous” Reach left arm up for two cts in a fist, right arm two cts, then both arms up for 4 cts

Sequence Six “Put your hands up”

8 cts Put hands up in the air, wave them all around for 4 cts and turn for 4 cts with arms up.

CHORUS repeat “Give love”

Sequence Two

4 cts- Open left arm out to side for 4 cts “I believe”

4 cts- Open right arm out to side for 4 cts

8 cts- Open both arms out to side for 4 cts-then lift up overhead for 4 cts

8 cts- With palms together move hands down the center of the body swaying hands from side to side for 8 cts.

Sequence Four

16 cts Cross hands back and forth over knees as you rock knees back and forth

Sequence Six “Put your hands up”

8 cts Put hands up in the air, wave them all around for 4 cts and turn for 4 cts with arms up.

SPECIAL SEQUENCE

16 cts add in “What we give is what we get” have children point hands forward-“What you give” then point back at self “Is what we get” and repeat

CHORUS repeat “Give love”

If you use the song from Itunes, you will find that it is longer than the video so REPEAT SEQUENCE ONE “Hush little darling” CHORUS repeat “Give love”. If you use the youtube version, end with children opening arms to the side, up and overhead putting palms together and

bringing them down in front of the body. Here they will hold and take deep breaths.

Dance Video Instructions:

[Instructions on how to do this dance](#)

Submitted by **Susan Flynn** who teaches at College of Charelston in Charleston, SC. Additional authors for this idea were Hanna Attafi. Thanks for contributing to PE Central! **Posted on PEC: 9/24/2013.**

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