Name/Title: The Funky Chipmunk Dance

Purpose of Event: Students will be able to correctly perform the steps of the dance thus helping the brain learn to see patterns.

Suggested Grade Level: K-5

Materials Needed: Music and music player.

Recommended music: Funky Town by Alvin and the Chipmunks

Beginning dance formation: Students can be placed in rows with enough space to perform the dance steps without hitting anyone.

Description of Idea

Teacher will begin the lesson by teaching students the steps without the music.

1. Forward/Back walk - (Repeat 4x for a total of 32 counts)
Beginning with right foot walk forward for 4 counts and back for four counts –Forward RLR tap L, Back LRL tap R (8 Counts)

2. The "Talk About Hip Shake" (Repeat 2x for a total of 16 counts)
Students lift R arm up and make talking motion with hand(fingers tapping thumb) 2x and then 2x with L hand, then 2x R, and 2x L---all the while the hips are shaking to same side as the "hand is talking". 2 R hip shakes, 2L, 2R 2L (8 Counts)

3. Bye Bye Step (Repeated 3x for a total of 24 counts)
Students step to the R, with L foot following while performing a big wave with the R arm (as if waving bye). (1-2 Counts) Students repeat this part again (3-4 Counts)
Students step to the L, with R foot following while performing a big wave with the L arm (as if waving bye). (5-6 Counts)
Students repeat this part again (7-8 Counts)

4. Hand Clap (8 counts)
Students slap both hands down on thighs 2x. (1-2 Counts)
Students clap 2x. (3-4 Counts)
Students snap fingers with R hand 2x. (5-6 Counts)
Students snap fingers with L hand 2x. (7-8 Counts)

5. The Paparazzi (8 counts)
With spread fingers, palms facing out with elbows out to side, students place both hands in front of face. (1 Count)
With spread fingers and palms facing out, student should move both hands up above head. (2

Count)
Perform part 1 again (3 count)
With spread fingers and palms facing out, student should move arms out wide. (4 Count)
Repeat entire sequence to make an 8 count combination.

6. The Disco (Repeat 2x for a total of 32 counts)
Students should begin with R foot and step to R with L foot following-this should be done 4x. When R foot steps, students should point up to sky with R arm/finger. When L foot steps, the arm moves back down to L hip. (8 counts)
Reverse moving to the L (8 counts)

7. The Funky Groove - Repeat 2x
Students squat down and place hands on knees. Students bring knees together, criss-crossing hands quickly, with hands back on matching knees, students spread knees again. This should be done 4x. (8 Counts)
Students raise hands up in the air to R side of body and act like they are raising the roof.(1-2 Counts)
Students raise hands up in the air to L side of body and act like they are raising the roof. (3-4 Counts)
Perfom raise the roof steps again. (5-8 Counts)

Repeat steps 1-6 again
Repeat Funky Groove 1x
Repeat The Disco 2x
Repeat the Funky Groove 1x

Variations:

Students can make their own names for the dance moves.

Assessment Ideas:

Students should be able to name all of the moves in the dance.

Students can also talk about which move they thought was the hardest, the easiest or the most fun.

Adaptations for Students with Disabilities:

Children who are in wheelchairs can perform all of these movements from their chairs. Those with cognitive disabilities can perform the movements more slowly and listen for the word cues in the song.

Submitted by **Lindsay Phifer** in Springfield, MO. Thanks for contributing to PE Central! **Posted on PEC: 3/17/2014**.

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