

Name/Title: Dangerous Line Dance

Purpose of Event: To challenge students to perform a 40 count line dance remembering the sequence and staying with the rhythm of the song.

Prerequisites: Participation in shorter line dances and knowledge of 8 counts.

Suggested Grade Level: 3-5

Materials Needed: Music player.

Recommended music: Dangerous by Before You Exit

Beginning dance formation: Lines with "windows". Spacing so students are not standing directly behind another student.

Description of Idea

First 8 counts - 4 jumps in place with fist pumps overhead for 4 counts and 4 jumps with hands shaking in front of your body for 4 counts.

Second 8 counts - Grapevine right (step R, behind L, step R, touch L) with arms alternating biceps curl movements and grapevine left (step L, behind R, step L, touch R) with arms alternating biceps curls.

Third 8 counts - Point to the right for 4 counts starting above your head and ending by your side. Point to the left for 4 counts starting above your head and ending by your side.

Fourth 8 counts - Swish hands out to the right next to your head for 4 counts (moving hands in a circular motion). Swish hands out to the left next to your head for counts 5-8(moving hands in a circular motion).

Fifth 8 counts - Squat twice for 4 counts. Swivel L knee towards center and out for 2 counts Then swivel R knee towards center and out for 2 counts.

See video below to follow along in your classroom!

Variations:

Try a different line formation - two lines facing each other.

Assessment Ideas:

After creating an observational checklist ask half of the class to perform the dance while the

other half assesses the dance. Students can then switch roles.

Adaptations for Students with Disabilities:

This dance is great for a student with a lower body mobility issue because it contains many upper body movements. You could modify the lower body movements so the dance utilizes all upper body movements!!

Submitted by **Kathleen Johnson** who teaches at Rhode Island College in Providence, RI. Additional authors for this idea were The Rhode Island College PED 413 Class. Thanks for contributing to PE Central! **Posted on PEC: 9/10/2015.**

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