

Name/Title: Better When I'm Dancin' Dance

Purpose of Event: To warm up students for more exercise or use as part of dance lesson.

Prerequisites: It would be helpful if students know right and left! The term "salsa" is also used.

Suggested Grade Level: 3-5

Materials Needed:

Better When I'm Dancin' Music (by Meghan Trainor on The Peanuts Movie soundtrack)

[Print out of dance steps \(PDF\)](#)

Description of Idea

Double step-touch RL, four hamstring curls with biceps up and down arms.....2x

Stomp R foot forward, make a big circle with arms overhead, palm to audience, step together, 2 V-steps R..... 2x

FREESTYLE during “better when I’m dancing”

During “we can do this together”:

Stomp R foot and clap 4x, Stomp L foot and clap 4x, walk backward and slap legs/clap 4x

During “da da da da da”:

Pump arms and chest to side 4x, salsa forward RL, turn in circle 4 counts, roll arms

START OVER

Double step-touch RL, four hamstring curls with biceps up and down arms.....2x

Stomp R foot forward, make a big circle with arms overhead, palm to audience, step together, 2 V-steps R..... 2x

FREESTYLE during “better when I’m dancing”

During “we can do this together”:

Stomp R foot and clap 4x, Stomp L foot and clap 4x, walk backward and slap legs/clap 4x

During “da da da da da”:

Pump arms and chest to side 4x, salsa forward RL, turn in circle 4 counts, roll arms...

REPEAT other side

TWIST down and UP, 2 squats; TWIST down and UP, 2 squats

FREESTYLE during “better when I’m dancing”

During “we can do this together”:

Stomp R foot and clap 4x, Stomp L foot and clap 4x, walk backward and slap legs/clap 4x

During “da da da da da”:

Pump arms and chest to side 4x, salsa forward RL, turn in circle 4 counts, roll arms...REPEAT other side

Salsa RLRLRLRL

[Video \(takes you to youtube.com\)](#)

Assessment Ideas:

This would be a great dance for students to show parents, friends, administrators, etc. at a PE showcase or open house. Teachers could also video the kids to see if they grasped the sequences and show it again in class for a warm-up.

Adaptations for Students with Disabilities:

Most movements can be done with arms only and traveling with wheelchair for students who are not ambulatory.

Submitted by **Sandy Kimbrough** in Greenville, TX. Thanks for contributing to PE Central! **Posted on PEC: 7/8/2016.**

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