

Name/Title: Dynamite Line Dance Routine

Purpose of Event: To perform locomotor and non-locomotor movements to match the rhythm of the music.

Prerequisites: This routine blends well with any 4 beats / measure music.

Suggested Grade Level: 3-5

Materials Needed: Music player

Recommended music: Dynamite - Kidz Bop Kids version - (2010 - Kids Bop 19)

Beginning dance formation: Students should be scattered so they have space to move sideways and a clear view of the teacher or SMART Board.

Description of Idea

This routine adds a little P90x Kenpo with some fitness moves to create a fun, creative activity.

Routine begins with first verse "I came to dance..."

R. heel 2x, L. heel 2x, R. knee 2x, L. knee 2x, R. kick 2x, L. kick 2x, 7 air punches, CLAP on 8th beat

Circle jump for eight counts & clap for "On and on", Reverse direction and REPEAT

For "I throw my hands up in the air" -

R. hand up 2x, L. hand up 2x, both hands up 2x, tap legs & clap, REPEAT entire sequence 4x

Next "Cause we gon' rock this club" -

Side step/stomp bring feet together 2X to the Right & clap on 4th beat, REVERSE direction
REPEAT

Do this sequence for entire chorus - 4x through

* I tell my students to put a little "attitude" in their step/stomp.

Now "I came to dance..." repeats routine from the beginning

R. heel 2x, L. heel 2x, R. knee 2x, L. knee 2x, R. kick 2x, L. kick 2x, 7 air punches, CLAP on 8th beat

Circle jump for eight counts & clap for "On and on", Reverse direction and REPEAT

For "I throw my hands up in the air" -

R. hand up 2x, L. hand up 2x, both hands up 2x, tap legs & clap, REPEAT entire sequence 4x

Next "Cause we gon' rock this club" -

Side step/stomp bring feet together 2X to the Right & clap on 4th beat, REVERSE direction
REPEAT

Do this sequence for entire chorus - 4x through

* I tell my students to put a little "attitude" in their step/stomp.

Bridge "I'm gonna take it all..."

Free-style for 4 measures of 8 counts - students move their own way to match the music

At "Cause I, I, I..." perform slow jumping jacks for 3 measures of 8 counts

When the song gets to "Hands in the air", circle jump for eight counts & clap, reverse direction
and REPEAT (2 measures of 8 beats)

THEN for the next 2 measures of 8 beats, perform your side step/stomps with attitude, Side
step/stomp bring feet together 2X to the Right & clap on 4th beat, REVERSE direction REPEAT

At "I throw my hands up..."

R. hand up 2x, L. hand up 2x, both hands up 2x, tap legs & clap, REPEAT entire sequence 4x

Finish strong "Cause we gon' rock this club" -

Side step/stomp bring feet together 2X to the Right & clap on 4th beat, REVERSE direction
REPEAT

Do this sequence for entire chorus - 4x through

Last chance to "Bring the attitude"

Just under 3:30...

Variations:

1. Partner Challenge - Students work together (may be side-by-side or facing each other) during routine.

2. Dance-Off Challenge - Class is divided in half. Students from each group face each other and complete the routine. Points awarded for accuracy, attitude, enthusiasm, creativity, etc.

Assessment Ideas:

I have a video recording of a class performing the routine. I will play this on the SMART Board, and students follow their peers (if they need help) while I assess their ability to match the rhythm.

Adaptations for Students with Disabilities:

Depending on the level of disability, movement/leg activities can be replaced with extra arm movements, or repetitions can be reduced to match individual stamina.

Submitted by **Kory McMahon** who teaches at Mott Road Elementary in Fayetteville, NY. Thanks for contributing to PE Central! **Posted on PEC: 4/12/2017.**

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