Name/Title: Hair UP! Dance

Purpose of Event: To perform a rhythmic activity learning the sequence and patterns while staying with the music.

Suggested Grade Level: 3-8

Recommended music: “Hair up” by Justin Timberlake, Gwen Stefani and Ron Funches

Beginning dance formation: Students can be placed randomly around the gym floor.

Description of Idea

This activity is a choreographed routine that can be used as a warm up or cool down. It is low impact movements that could be used as a warm-up/instant activity or as a cool down at the end of a class to lower children’s heart rates after strenuous activity.

The dance begins after the first 32 counts of music. Marching to this music will get the students moving to the rhythm.

Combination #1 – Elbows and Hammers

1-8 – With arms in front of body, elbows flexed and forearms on top of one another pull elbows back 2x, raise both fists and lower and raise 2x like a hammering move. Feet slide to R 2x, 2 taps with L feet during the arm movements and reverse to the L.

Repeat this movement for a total of 32 counts or 4x.

Combination #2 – Wave high and low!

1-8 Wave hands over the hand RLRL (1-4), relevé with feet wide RLRL. Wave hands low while flexing knees and stepping RLRL with feet together. (5-8)

Repeat 4x for a total of 32 counts.

Combination #3 – Sweep the table!

1-8 – Sweep R in front of body (1-2), sweep L in front of body (3-4), sweep 2x with R hand (5-8). Reverse starting with the L hand. Feet movement is touch out to the side and step with each movement.

Repeat on the R and L sides for a total of 32 counts.

Combination #4 – Arms UP!

1-16 – While marching in place R arm at angle above head and place L arm at a low angle (4

counts), continue marching and switch arms from up to down and vice versa (4 counts), place both arms above the head in a V (4 counts). Jump 4x in a circle (4 counts).

These movements are done in the following sequences:

Introduction to the music: 32 counts of marching

Sequence #1 – Combinations 1, 2, 3

Sequence #2 – Combinations 1, 2, 3, 4

Sequence #3 – Combinations 1, 2, 3, 4

Sequences #4 – Combination 1 and 4

Assessment Ideas:

Students can be assessed on their ability to remember the correct sequence of each movement. Teachers can also talk about muscle groups involved with various movements (Relevé movement uses the Gastrocnemius muscle etc.) Older students could also be assessed on rhythmic ability.

Adaptations for Students with Disabilities:

Students with limited movement could do the arm movements. The movements can also be repeated for more counts to help students with cognitive disabilities.

Submitted by **Brenda Goodwin** who teaches at Missouri State in Springfield, MO. Additional authors for this idea were The Diamond Girls Dance Team. Thanks for contributing to PE Central! **Posted on PEC: 10/31/2017**
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