Name/Title: Dance Routine to "IKO IKO"

Purpose of Event: Routine for presentation at special events, and to practice moving to a rhythmic beat.

Suggested Grade Level: 3-5

Materials Needed: Ribbons for half of class, lummi sticks for half of class. (NOTE: You can use all sticks or all ribbons -- however, I found it more convenient in my situation to split them.)

Recommended music: Iko Iko song by Aaron Carter (CD: Aaron's Party - Come Get It!)

Beginning dance formation: Scattered around floor, or in lines alternating ribbons, sticks, ribbons, sticks.

Description of Idea

STICKS:

Intro: (13 seconds)
Bounce with sticks in front for 2 x 8

Next 8 counts
Tap 2x left low while right foot is lunged to side (2 cts)
Tap 2x right low while left foot is lunged to side (2 cts)
Tap 2x left high while right foot is lunged to side (2 cts)
Tap 2x right high while left foot is lunged to side (2 cts)

Next 8 counts
Tap 2x down in front while bending knees (2 cts)
Tap 2x overhead while up on toes (2 cts)
Repeat taps

Next 16 counts
Turn sequence:
Step with right foot, tap 2x in front (2 cts)
Pivot to left 1/2 turn, tap 2x (2 cts)
Step with right foot, tap 2x in front (2 cts)
Pivot to left 1/2 turn, tap 2x (2 cts)

Repeat turn sequence (8 cts)

Next 8 counts
Rest / bounce (8 cts)

Repeat entire sequence until end of song

RIBBONS:

Intro is same -- "swish" ribbons

Next 8 counts
2 figure 8's high (2 cts)
2x figure 8 low (2 cts)
Repeat figure 8's (4 cts)

Next 8 counts

2 cicles left (2 cts)
2 circles right (2 cts)
2 down in front (2 cts)
2x up in front (2 cts)

Next 16 counts
Turn sequence
Same as sticks except do figure 8's rather that taps

Next 8 counts
Rest / bounce while "swishing"(8 cts)

Repeat entire sequence until end of song

Variations:

Use only sticks or only ribbons

Clap instead of using sticks or ribbons

Teaching Suggestions:

I used this for a Grandparents' Day Program, and it was a big hit!

Submitted by **Kera Williams** who teaches at Fisher Elementary in Pasadena, TX. Thanks for contributing to PE Central! **Posted on PEC: 11/30/2001**.

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