Name/Title: The Hamsterdance

Purpose of Event: Students will be able to memorize a short sequence of skills, and be able to perform them in time to the music.

Prerequisites: Know how to slide, clap in time to music

Suggested Grade Level: 3-5

Recommended music: The Hamsterdance Song by Roger Miller/R.DeBoer/A. Grace/P. Grace

Beginning dance formation: Scatter formation with all students in their own self space.

Dance source: Internet author unknown-but thanks to the person who shared it!

Description of Idea

Intro:
Just bounce around "hampster style". After the CD says "Here we go" begin dance:

First 8 counts:
Face a partner, hands on hips, and 2 head bobs to the right. (cts 1-2)
2 head bobs left(looking at your partner like they are the funniest looking hamster ever)(cts 3-4)
2 head bobs right (cts 5-6)
2 head bobs left (cts 7-8)

Next 8 counts:
Grab hands and slide to the side 4 counts (cts 1-4)
Slide back 4 counts (cts 5-8)

Next 8 counts:
REPEAT

Next 8 counts:
Slap thighs 2 times (cts 1-2)
CLap hands 2 times (cts 3-4)
Clap partner's hands 2 times (cts 5-6)
Join right hands(count 7) join left hands (count 8) (cts 7-8)

Next 8 counts: Leaning back, with arms straight, jump around until back in position (cts 1-8)

Last 16 counts:
REPEAT previous 16 cts (slaps/claps, and the "jump around").

*There is a free-form section where the song has some talking. During this portion of the the song have the kid make up their own funky moves.

Submitted by **Millie Wostratzky** who teaches at Gower West in Willowbrook, IL. Thanks for contributing to PE Central! **Posted on PEC: 11/29/2001**.

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