**Name/Title:** Lummi Stick Macarena

**Purpose of Event:** To be able to identify a rhythmical beat and perform a routine using lummi sticks.

**Prerequisites:** Body Part Identification: Shoulder, Hips Directions - Left and Right

**Suggested Grade Level:** K-2

**Materials Needed:** 2 Colored Lummi Sticks for each student

**Recommended music:** Kids Party Fun/Dj's Choice CD Macarena - Track 4

**Beginning dance formation:** Standing Position Scattered in a good personal space.

---

**Description of Idea**

Right Stick Out
Left Stick Out

Tap Sticks Together In Front Of Body 2X'S

Touch Right Stick To Left Shoulder (keep there)
Touch Left Stick To Right Shoulder

Tap Sticks Together In Front of Body 2X'S

Right Stick To Right Hip (keep there)
Left Stick To Left Hip

Tap Sticks Together In Front Of Body

Wave Sticks High In The Air And Wiggle 4 Counts

Repeat Sequence until the end of the song!

---

**Assessment Ideas:**

The dance repeats many times in the same sequence. It is easy to see who knows right from left, the body parts used and who can keep a rhythm.

---

Submitted by **Adrienne Dabbenigno** who teaches at Dominion Trail in Ashburn, VA. Thanks for contributing to PE Central! **Posted on PEC: 4/16/2004.**

Visit [S&S Discount](https://www.sandssports.com) for all your physical education equipment and supplies!