

Name/Title: Rhythm Stick Routine (September '08)

Purpose of Event: The students will be able to perform a rhythm stick routine, incorporating rhythm and coordination challenges with memory and creativity.

Suggested Grade Level: 5-12

Materials Needed: CD player, 1 pair of rhythm sticks per student, portable microphone (almost a necessity in order to be able to cue during the routine and above the noise of the sticks)

Recommended music: Christina Aguilera – “Fighter” or High School Musical 2 – “Vacation”

Description of Idea

1-16 Toe heel-drop R – This is a 2 count movement (Place the ball of the right foot on the floor and then drop the right heel on the floor.) Toe heel-drop L – This is a 2 count movement

Repeat RLRLRL, for a total of 16 counts

Rhythm sticks are held above head, hit twice on each toe heel movement

1-16 Step forward RL, step back RL - This is 4 counts – Repeat 3 more times for 16 counts

Rhythm sticks hit with a single hit up on the R then up on the L when moving forward and down on the R and down on the L when moving back.(repeat)

1-4 Two jumps, turn ½ turn, squat and hit sticks on ground 1 time, repeat so the dancer is facing in the original direction (the counts for the jumps are 1& and the sticks hit on count 2; jump on counts 3 & hit the sticks on the floor on count 4)

5-8 Hit sticks on floor while lunging RLRL. (When lunging to the R the stick in the L hand hits on the floor in front on the R foot and when lunging to the L the stick in the R hand hits on the floor in front of the L foot) There will be a total of 4 hits.

1-8 Triple step R (step R, step on the ball of the L foot next to the R and step on the R foot)

The count is 1&2

Triple step L (step L, step on the ball of the R foot next to the L and step on the L foot -- cue: step-ball-change)

The count is 3&4

Repeat the triple steps on the R and L.

The rhythm sticks are held at the waist and mimic the rhythm of the triple step with 3 hits.

1-8 Back up 4 counts RLRL, touch L with sticks hitting above head

Move forward LRL, touch R with sticks hitting below the waist

1-8 Slide R, Touch L foot -- hit sticks above head, Slide L, touch R hit sticks below waist

Repeat R and L slides. On last slide to the L make ¼ turn to the L.

Repeat the dance facing a new direction

Note: When using the song “Fighter”- Hold for 4 sets of 8 during the slow music. Start when the singing starts.

Note: When using the High School Musical 2 song “Vacation” – Hold for 2 sets of 8 before beginning the dance.

Variations:

If you have a class who is really up to a challenge put the dance to the High School Musical 2 song “All for One”. It has a great fast tempo. You can also put students into groups and let them add a set of 8 of their own after the turn and before beginning the dance again.

Submitted by **Brenda Goodwin** who teaches at Missouri State University in Springfield, MO. Thanks for contributing to PE Central! **Posted on PEC: 9/4/2008.**

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