

**Name/Title:** SOS Rescue

**Purpose of Event:** Students will be able to follow eight count sequences cued with: step touch, sticky pump, drop step, reverse, jump around, and heel taps for a total of 32 counts.

**Prerequisites:** Step touch and heel taps

**Suggested Grade Level:** 6-8

**Materials Needed:** none

**Recommended music:** A Girl Like Me by Rihanna

**Beginning dance formation:** Line

**Dance source:** Adapted this dance from a dance learned at the New Jersey Lake Conference

### Description of Idea

Cts 1-8 STEP TOUCH R,L,R,L (4 x's) (Begin when the artist says, "I'm obsessive")

(Step touch: step on a diagonal with R touch L and clap; step on a diagonal with L touch R and clap and repeat both sides).

Cts. 9-16 "STICKY PUMP" step forward (each step equals 2 counts, step and hold like your foot is stuck to the floor)

Step forward R-hold-step forward L-hold-step forward R-hold-step forward L-hold

Cts. 17-18 DROP STEP: L foot should be in front, step back with L with a ¼ at same time (end up facing left wall)

Cts. 19-20 REVERSE PIVOT-Step back with R making a 180 degree turn, pivoting on the L foot (end up facing right wall)

Cts. 21-24 JUMP TURN in a circle to right 4 x's. It does not really matter which direction the students jump. They should just end up facing front on 4th jump.

Cts. 25-32 HEEL TAPS (step R, tap L heel forward,

step L, tap R heel forward and repeat both)

Repeat entire sequence throughout the song.

### **Variations:**

Cts. 21-24 JUMP TURN in a circle to right 3 x's and end up facing side wall. Wait one count and finish dance. On each jump section you will end up turning 1/4 to a different wall.

Cts. 25-32 Instead of HEEL TAPS

- a. Freestyle for 8
- b. With feet stationary, rotate R knee to R then L; roll R shoulder, then L shoulder (2 cts each movement)

### **Assessment Ideas:**

During cts 25-32 have students choreograph their own dance step for the 8 counts.

### **Adaptations for Students with Disabilities:**

Providing manipulative(s) to help any child enjoy the music and move freely. Examples include ribbon sticks, small musical shakers and scarves.

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Submitted by **Susan Flynn** in Charleston, SC. Thanks for contributing to PE Central! **Posted on PEC: 1/21/2010.**

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