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. Freestlye 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.

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

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