

Hoedown Throwdown Dance Steps
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Most of these movements will follow along with the lyrics. We have made small adjustments to fit in the skill level of a middle school student.

Intro to the dance

You will start by following this pattern “stomp stomp clap, stomp stomp clap clap”. Continue these 10 times then start a grape vine towards the right then back to the left. This is repeated 4 times.

First 8 count

- (1) You want to raise your right arm out in front of you shoulder height.
- (2) bend slightly at the waist with your knees slightly bent and moving your elbows out like chicken wings motion, creating a 90-degree angle at the elbow.
- (3&4) pointing with your left-hand pointer-finger and moving it back and forth while shuffling slightly to the right.
- (5&6) you will put your hands on your hip and tap your heels on the ground in front of you
- (7) you want to face your body in a diagonal towards the left with your arms crossed in front of you at shoulder height.
- (&8) On the and between counts 7 &8 move both hands to your hips and then on 8 hunch your shoulders forward.

Second 8 count

- (1) You then extend your arms out like a T on your sides and facing back to
- (2) cross your arms at shoulder height out in front of you
- (3&4) move your crossed arms to the left then right side of your body
- (5&6) hopping off one foot to land to your left side. Landing right foot first on count 5 then left on count 6.
- (7&8) stomp your right foot on 7 and then glide backwards while “pushing” with your hand on count 8.

Third 8 count

- (1) moving your left foot across your body
- (2) Move your left foot back to front of your body
- (3&4) then tapping it with your right hand behind your back on 3 and placing it back down on 4.
- (5&) Shuffle backwards to the right two steps. Your arms will be in a bent t formation like a “football goal” on each step push your arms down to shoulder level and then back up.
- (7&8) Flip your body's direction and shuffle back to the left. You also want to repeat your arms bent down and back up with the two steps.

Fourth 8 count

- (1) you are going to extend your right arm and leg
- (2) then left arm and leg.
- (3-4) Swing your arms in a circle on 3 and place your hands on your hips on count 4.
- (5&6) Then turn around to face backwards.
- (7&8) With your left foot in the air hop back around to the front.

Fifth 8 count

- (1) moving your left foot across your body
- (2) Move your left foot back to front of your body
- (3&4) then tapping it with your right hand behind your back on 3 and placing it back down on the 4th count.
- (5&6) Then turn your body to the left side and lean back with your body while moving your arms back and forth in front of you on the 5 and 6.
- (7&8) Clap three times on the 7 count, & count, and 8 count.

Sixth 8 count

- (1-4) "Shake it out head to toe" while spinning in a circle shaking your hands and arms out.
- (5&6) you want to step forwards with your left foot. Drag your right foot behind your left and roll your right arm down to your left foot.
- (7&8) Stand straight forward with your arms bent 90-degrees above your shoulders.

Ending 8 count

The ending sequence is the "hoedown throwdown"

- (1&2) you want to stomp your right foot on the 1st and 2nd count while pumping your arms downwards at the same time
- (3&4) clapping twice to the front of your body.
- (5&6) repeat the stomping movement and the arm pumps on the left side.
- (7&8) Then clap twice to the front of your body

Ending pose

- (1&2) You will repeat the stomp on your right side while pumping your arms downwards at the same time
- (3&4) clapping twice to the front of your body.
- (5&6) rolling your right arm down to your left side
- (7&8) and finish standing forwards with your arms bent 90-degrees above your shoulders. In your "football goal" formation.