

# Line Dancing

SDH 2017

## OVERVIEW:

After a busy day in the field, students ready themselves for a fun filled session of Line Dancing. Whether you've brought your cowboy hat or not, the music will start you moving and the rhythm will carry you away.

## OBJECTIVES:

Students will:

- ) Learn easy dances in a safe environment.
- ) View adults (i.e. instructors and teachers) taking a risk and being silly.

## MATERIALS:

*line dancing CD/High Trails MP3 player*

*microphone*

*stereo*

*DJ*

*rhythm*

## PROCEDURES:

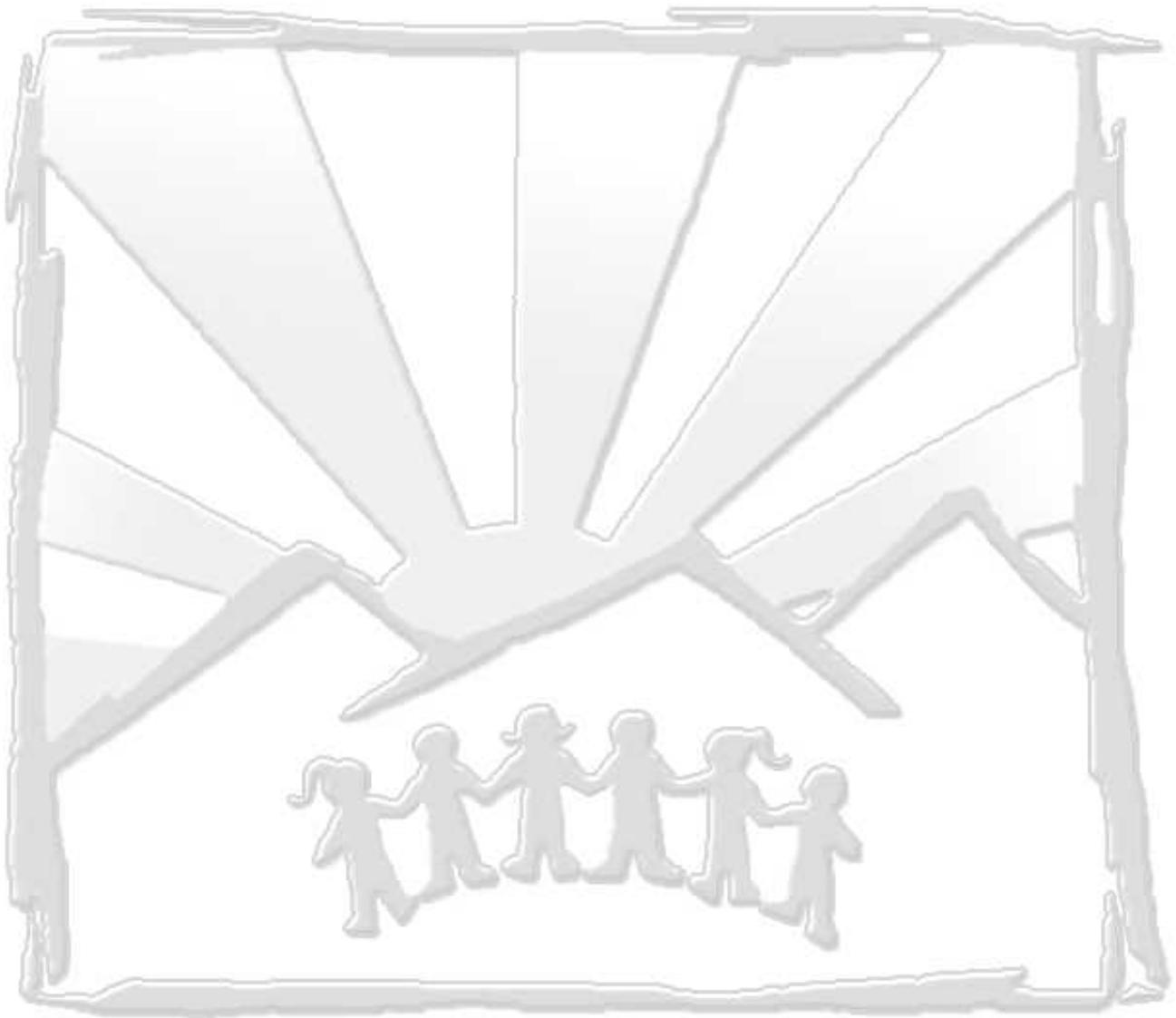
Before class, be sure microphone and stereo are working properly.

1. Introduction
  - A. Seat students in dance lines (preferably a cabin of boys, then a cabin of girls, and so on...). Support Cabin Instructors by telling students to remove their coats for their Cabin Instructor to collect.
  - B. Introduce yourself.
  - C. To make students feel at ease, do a 'thumb-meter' test to see how they are feeling about the line dancing class. Encourage them to keep an open mind.
  - D. Review the Rules:
    - i. When the instructor is talking, students are listening!
    - ii. Keep hands and feet to self!
    - iii. Release energy and have fun!
2. Warmin' Up
  - A. Students stand and spread out; utilize instructors to assist students in obtaining personal space.
  - B. Ask instructors to disperse amongst the group (one in back and either side, all others throughout the middle of students).
  - C. Administer 'test of directions'. Give four directions and have students turn and face that direction as quickly as possible. Gets them comfortable and warmed up.
  - D. Review that they will learn three dances and that all dances are in counts of eight.
3. Dance Time!
  - A. Teach first dance. Tell DJ the song number and you're set. Always count down a 5, 6, 7, 8 to start.
  - B. Teach dance two. Tell DJ song number and boogie.
  - C. Dance three is a dance with limited High Trails instruction (the Chicken Dance, Cha-Cha Slide).
4. Wrap Up
  - A. Have students sit.
  - B. Direct instructors to prepare for dismissal.
  - C. Review the students' feelings going into the class. Take another 'thumb-meter'. Do they have different feelings? Relate this experience to their everyday lives.
  - D. Congratulate students on a great job and a good time.
5. Dismissal
  - A. Prepare students by telling them that you will dismiss quietly by cabins. They are not to get their personal things, but will walk to their cabin instructor.
  - B. Keep an eye out for cabin instructors that are prepared to leave the room. Once an instructor is ready, dismiss that cabin.

**Things to Think About:**

- ) Use your microphone so all participants can hear you.
- ) If facing students to teach, you must mirror them. Once the music starts, face the same direction as the students.
- ) It's acceptable and encouraged for you to slightly modify the dance (with your own style) after you have turned around the room several times.
- ) Dialogue and stories are acceptable, but don't overdo it; keep it short.
- ) Be aware that there may be announcements from administration (regarding evening medications, night snacks, etc.).

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