

Line Dance

Electric Slide

4 wall line dance

3 shuffle steps to the right

Kick with left leg and clap

3 shuffle steps to the left

Kick with right leg and clap

3 steps backwards

Lean back and kick left leg and clap

Bend down touch right toe back and clap

Lean back and kick left leg and clap

Step with right foot brushing the ground and a 1/4 turn counterclockwise

Repeat from beginning

(The claps are optional. A grapevine step may be substituted for the shuffle steps.

The leaning back and bending down has unlimited variations; use your imagination.)

Suggested music:

Electric Boogie – Marcia Griffiths

Adalida – George Straight

Close to You – Fun Factory

Take Me Up – Amadin

Fast as You – Dwight Yoakam

Twilight Zone – 2 Unlimited

Set You Free – N Trance



Line Dance

Continental

2 wall line dance

Kick left leg and clap

Kick right leg and clap

Kick left leg and clap

Step to left with left foot

Step behind (cross) with right foot

Step to left with left foot

Pivot 1/2 turn on left foot counterclockwise and put right foot down

Step behind (cross) with left foot

Step to right with right foot

Repeat from beginning

Music Possibilities:

Help Me Rhonda – Beach Boys

Move This – Technotronics

Runaway – Real McCoy

It's a Beautiful Life – Ace Of Base

Line Dance

Hawaiian Cowboy Aerobics

4 wall line dance

Aloha symbol (closed fist with thumb and baby finger up)

Right hand, shake twice

Left hand, shake twice

Hand circle

Right hand circle hand once clockwise

Left hand circle hand once counterclockwise

Roll (rotate fists around each other horizontally – like travel call in basketball)

Roll to right side

Roll to centre

Roll to left side

Roll to centre

Pats

Raise right arm up, left hand reaches across to right side and pats right side twice

Raise left arm up, right hand reaches across to left side and pats left side twice

Slide

Left hand slides down left hip and right hand slides past right ear

Right hand slides down right hip and left hand slides past left ear

Hops

Jump forward twice with feet shoulder width apart

Now take a third jump forward but do a quarter turn counterclockwise and clap

Clap hands a second time while in stationary position

Repeat from beginning

Music Possibilities:

Suspicious Minds – Dwight Yoakam

I Knew the Bride – Nick Lowe

Saturday Night – Whigfield

Line Dance

Shotgun

2 wall line dance

Right foot

-turn toe out 90 degrees

-turn toe back in place

Repeat

-bring right heel in front and tap twice

-bring right toe behind and tap twice

Step to right with right, cross behind with left, step to right with right and lift left leg and clap (GRAPEVINE)

Grapevine to left and lift right leg, brush it along the floor and pivot 1/4 turn counterclockwise on left foot

Grapevine to right and lift left leg and clap

Step in place, starting with left foot, 4 steps going clockwise in a little circle 3/4 the way around so you end facing 180 degrees from direction you started the dance.

Repeat from beginning

Music Possibilities:

Hard Time – Restless Heart

This Love's on Me – Alabama

Blue to the Bone – Sweethearts Of The Rodeo

Her Wicked Ways – Corbin & Hammer

I Must Have Been Crazy – Matraca Berg

Love's Gonna Get You Someday – Ricky Skaggs

Your Love Made Me This Way – Oakridge Boys

Reno Bound – Southern Pacific

Faster and Louder – Foster And Lloyd

Boot Scootin' Boogie – Brooks & Dunn

You and I – J.K.

No Limit – 2 Unlimited

Every Shade of Blue – Bananarama

Take Control – BKS

Line Dance

Cotton Eyed Joe

Group dance - done in approximately 4 beats. Hands are held at shoulder level. Done in a circle, in line of dance

Stationary position

- Bring right heel in front and tap once
- Bring right toe behind and tap once
- Repeat both of the above
- Plant right heel to instep of left foot and turn right toe out to 90 degrees, return it together and repeat
- Bring left heel in front and tap once
- Bring left toe behind and tap once
- Repeat the last two moves
- Plant toes and rotate heels to the right, back to the middle, to the left, back to the middle then split the heels apart and bring them back together
- Kick right leg out, cross it over the left knee, kick it back out and return it to the floor
- Kick left leg out, cross it over right knee, kick it back out and return it to the floor

Travel

Starting with right foot take 4 polka steps forward

(variations on the polka steps:- person on the inside of the dance circle will travel forwards and to the right across the group to become the outside person.

Person on the inside does polka steps and turns clockwise as they cross the group to the outside.)

Repeat from beginning

Music Possibilities:

Cotton Eye Joe – Red Nex

Line Dance

Slap Leather

4 Way Line Dance

- 1-4 Pigeon toes, together
Pigeon toes, together
- 1-8 Right out to side, slide together
Left out to side, slide together
Right out to side, slide together
Left out to side, slide together
- 1-4 Right heel front, right toe behind
Right heel front, right toe behind
- 1-5 Right heel front
Right touch beside left foot
Slap right foot behind with left hand
Right touch beside left foot
Slap right foot in front with left hand
Turn 1/4 to left and slap right foot with right hand
- 1-4 Stroll right, left behind, right, kick up left
- 5-8 Stroll left, right behind, left, kick up
- 1-4 Walk back right, left, right, kick up left
- 5-6 Step forward left, close right

Suggested Music:

Cadillac Ranch

Line Dance

Samba Line Dance

Two Wall Line Dance

First 8 Beats: (left) heel touch in front, toe touch behind, heel in front 2x (4 beats)

(left) toe touch behind, heel touch in front, toe touch behind, weight shift on to left foot slightly behind right foot (4 beats)

Next 8 Beats: samba (shuffle forward) leading with the right foot for a count Of "1 & 2 & 3 & 4". ON THE & 5 & DO A 180 DEGREE TURN COUNTERCLOCKWISE.

samba (shuffle to the left) leading with right foot again for the counts "6 & 7 & 8". ON THE "&" you are making a transition to the next sequence (left leg will cross in front of right).

Next 8 Beats: left cross over right, touch out to side with right toe, right cross over left, touch out to left side with left toe (repeat this moving slightly forward with each step)

Next 8 Beats: step slightly forward with left foot on first beat, turn CCW with weight on left foot (360 degrees) pushing with right. (4 beats)

Make sure you end up facing the same way you started!

Same thing with weight on right foot turning CW for next four beats.

** This dance needs lots of arm and body movement to be really fun!!!!

Suggested Music:

Gettin' Jiggy With It – Will Smith
I Want You Back – N' SYNC

Backstreet's Back – The Backstreet Boys
As Long as You Love Me – The Backstreet Boys (this one's good to start with because it's a bit slower)

Line Dance

Latin Moves

4 wall, Beginner/Intermediate Line Dance

Counts Step Description

Rock Fwd, Rock Back, Rock side Left, Rock side Right.

1&2 Rock fwd Left, Step in place Right, Return Left beside Right.

3&4 Rock back Right, Step in place Left, Return Right beside Left.

5&6 Rock side Left to Left, Step in place Right, Return Left, beside Right.

7&8 Rock side Right, to Right, Step in place Left, Return Right beside Left.

Step 1/2 Turn Right, Shuffle Left, Step 1/2 Turn Left, Shuffle Right.

1,2 Step fwd Left, Pivot 1/2 turn Right step in place Right,

3&4 Shuffle fwd L, R, L.

5,6 Step fwd Right, Pivot 1/2 turn Left step in place Left,

7&8 Shuffle fwd R, L, R

On a Diagonal Left Step Slide, On a Diagonal Right Step Slide

1& Step Left fwd on a diagonal Left, Slide Right beside Left,

2& Step Left fwd on a diagonal Left, Slide Right beside Left.

3& Step Left fwd on a diagonal Left, Slide Right beside Left,

4 Step fwd Left on diagonal Left.

5& Step Right fwd on a diagonal Right, Slide Left beside Right,

6& Step Right fwd on a diagonal Right, Slide Left beside Right,

7& Step Right fwd on a diagonal Right, Slide Left Beside Right,

8 Step fwd Right on a diagonal Right.

Jazz Box Step, Jazz Box Step with 1/4 Turn

1,2 Step fwd Left, Cross Right over Left

3,4 Step Left back and slightly to the side, Step Right beside Left

5,6 Step fwd Left, Cross Right over Left

7,8 Step Left back with 1/4 turn Right, Step Right beside Left.

Begin Again!!!!

Suggested Music:

Sex on the Beach – T-Spoon, Mambo # 5 – Lou Bega, You Sexy Thing – Hot Chocolate



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	