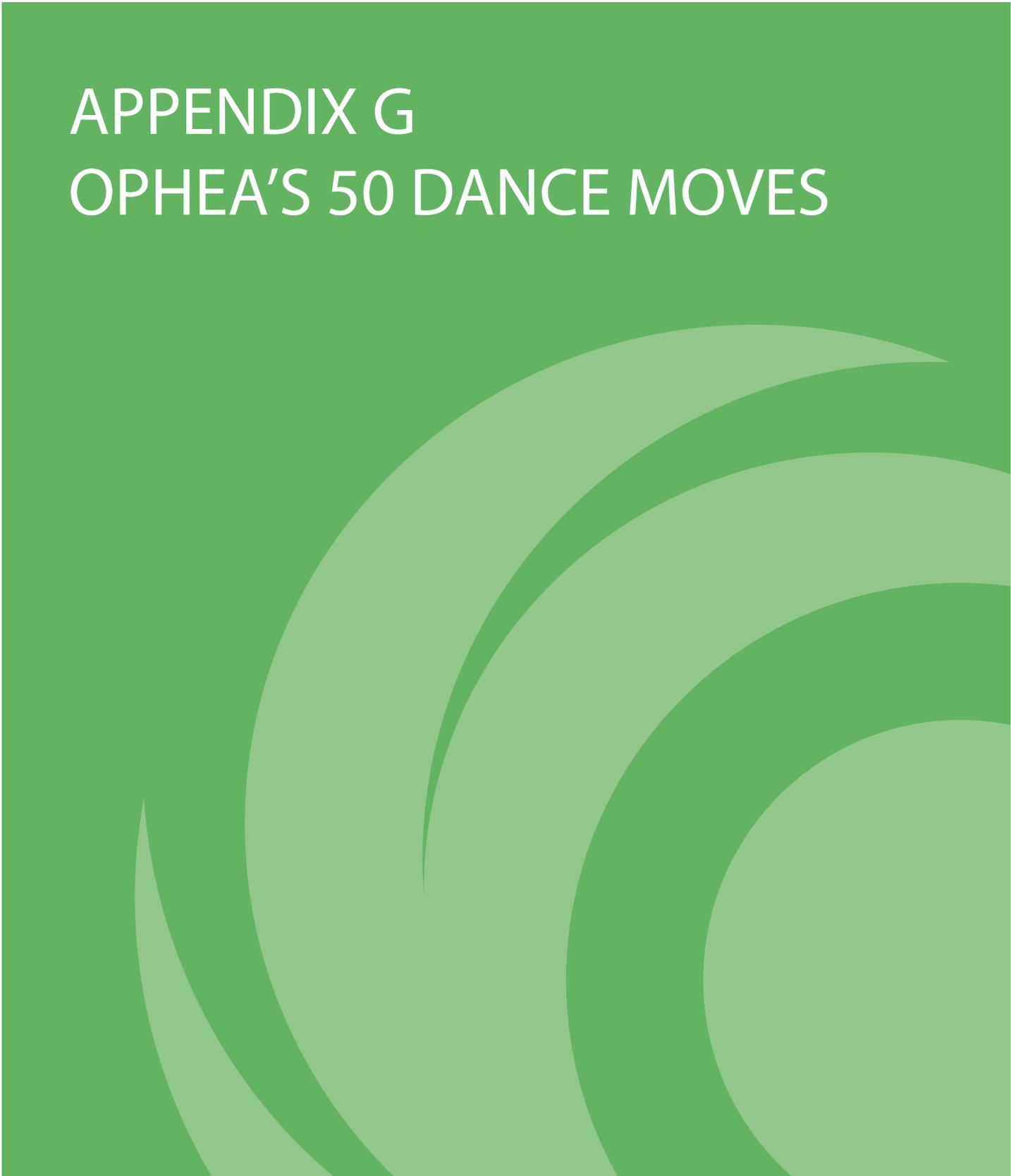


## APPENDIX G OPHEA'S 50 DANCE MOVES



# APPENDIX G

OPHEA'S 50 DANCE MOVES



## Ophea's 50 Dance Move Cards

## Appendix G1

Around the World	Bob & Weave
<p>Facing partner with hands joined, both partners raise hands above head and rotate on the spot, turning back to back and continuing until a full circle is made.</p>	<p>Bend knees, then straighten up over to one side. Bend knees and straighten up and over to the other side.</p> <p>Arm actions can vary.</p>
Box Step	Cha Cha
<p>Step forward on right foot, cross left foot over right, step back with right, step out to the side again with the left foot.</p> <p>The opposite motion is acceptable as well (i.e., step forward left; cross right over left; step back with left; open to side with right).</p>	<p>Step forward right, left, right and pause (Count one and two and pause). Then step left, right, left and pause.</p>
Charleston	Clapping Square
<p>Step on right foot, point left toes in front. Step back on left foot and point right toes behind.</p> <p>OR</p> <p>Step on right foot, kick left foot out.</p> <p>Step back on left foot and point right toes behind.</p>	<p>With feet in a straddle position, clap hands high on the right once, then high on the left once, low on the right once and low on the left once (four beats in total).</p>
Cross Kick	Cross Crawl
<p>Step on right foot, kick left foot across in front of body over to the right. Repeat with other side.</p>	<p>Bring right elbow and left knee together. Then bring left elbow and right knee together. Do this by lifting arms up and over (e.g., like swimming the front crawl).</p>

# APPENDIX G

OPHEA'S 50 DANCE MOVES



## Ophea's 50 Dance Move Cards - continued...

Appendix G1

Disco Arms	Do-Si-Do
<p>Point right arm down across left hip, then stretch arm (finger pointed) diagonally up to the right. (Repeat four or eight times.) Repeat with left arm.</p> <p>Leg actions can vary.</p>	<p>Partners walk forward toward each other, passing right shoulders, passing each other back to back by walking to the right, then walk backward to their original spots passing left shoulders.</p> <p>Repeat in other direction: pass first with left shoulders, passing each other back to back by walking to the left, then walk backward to original spots passing right shoulders.</p>
Elbow Swing	Foot Fires
<p>Link right elbows together with partner and skip (short steps) around in a circle one time.</p> <p>Repeat, linking left elbows.</p>	<p>Run on the spot with legs in straddle position.</p>
Funky Fish	Funky Jack
<p>Put palms together with fingertips pointed at feet and flick fingers away from the body while moving to the right three times. Clap on fourth count. Repeat to the left.</p>	<p>Jump feet in straddle, jump together, jump in straddle and pause (straddle, together, straddle – pause). Then jump together, jump in straddle, jump together and pause. (together, straddle, together – pause)</p>
Funky Monkey	Grapevine
<p>Raise and lower arms in front of body twisting body from right to left.</p>	<p>Step out to right, cross left foot behind right, step out to right, then tap left foot beside right foot (or hop feet together). Repeat to the left.</p>

# APPENDIX G

OPHEA'S 50 DANCE MOVES



## Ophea's 50 Dance Move Cards - continued...

Appendix G1

Heel Clicks	Heel Digs
<p>Stand with feet hip-width apart (or more narrow) and click heels together, then apart.</p>	<p>Standing on the left foot, dig right heel left into the floor, push out with arms (chest press). Repeat, standing on right foot and dig left foot across.</p> <p>Consider using a variety of arm movements (e.g., push arms up—shoulder press).</p>
Hitchhike	Lasso
<p>Hold arm in front with thumb up. Flick thumb backward as arm moves back four times. Repeat on other side.</p> <p>Alternatively, point right thumb over right shoulder, flicking it back two times. Repeat with left.</p>	<p>Hold arm out to side, bent at elbow with fist facing up. Rotate forearm and wrist as if swinging a lasso for two or four counts. Repeat on other side.</p>
Lunge	Macho Man
<p>Start standing with feet together. Step to the right, flexing right knee while keeping left leg straight. Push off right leg to return to standing position. Repeat on left side.</p> <p>Lunges can be done to the front, side or back.</p>	<p>Turn to the right and bend right arm at elbow, fist up and turned toward face (as if showing off muscles). Repeat to the left.</p>
Mambo	Ophea Hand Jive
<p>Step forward diagonally, placing right foot in front of left foot, and transfer weight to right foot. Step back onto left foot, step on right foot beside left, then step on left. Perform all steps to a steady four count.</p>	<p>Pull right elbow down with fists up two times. Push right elbow out to side two times.</p> <p>Rotate right forearm in a circle two times. Perform a “wave” action with right arm across the body for two counts. Repeat with left arm. Repeat again using both arms together.</p> <p>Put arms out to sides, lightning-style, to the right, left, right, left for 8 counts.</p>

# APPENDIX G

OPHEA'S 50 DANCE MOVES



## Ophea's 50 Dance Move Cards - continued...

Appendix G1

<b>Pivot Turn</b>	<b>Raise the Roof</b>
Step forward on right foot. Pivot to face backward. Step forward again on right foot and complete the pivot around to face the front again.	With palms facing upward (toward the roof), push arms up two times to the left and two times to the right.
<b>Rock Side to Side</b>	<b>Rock Step</b>
With legs in straddle, bounce the upper body over to the right side two times and then over to the left side two times.	Step diagonally forward on the right foot to the right side. Touch left toes down on the spot. Step back onto the left foot. Touch right toes on the spot.  The upper body moves down and back with the leg actions.
<b>Rocking Horse</b>	<b>Roll Up &amp; Down</b>
Step forward on the right foot, flex the left leg (leg-curl action). Step back on the left foot, lift the right knee up in front.	With legs together, roll arms in front of body all the way up, high above the head. Then roll arms back down again low.
<b>Shimmy Shake</b>	<b>Shoulder Shrugs</b>
On the spot, shake the whole body down and up again.  Alternatively, shake the shoulders over to the right and over to the left.	Bring both shoulders up towards ears, relax and let them drop down.  Alternatively, lift one shoulder at a time.

# APPENDIX G

OPHEA'S 50 DANCE MOVES



## Ophea's 50 Dance Move Cards - continued...

Appendix G1

Shuffle	Sink
<p>Step with right foot to the right. Shuffle left foot to catch up to right foot. Step right foot to the right again. ("Step, together, step.") Jump and clap to change directions. Repeat to the left.</p>	<p>Hold nose with one hand and, hold opposite hand straight up with palm facing out. Bend knees while "sinking" to the floor with hand waving gently back and forth.</p>
Slide	Squish the Bug
<p>Step to the right and drag the left foot beside right. Repeat for a total of two, four or eight times. Then repeat, moving to the left.</p>	<p>Pick up one leg as if marching and come down with the toe first, then exaggerate pushing and swivelling the forefoot (as if to squish a bug)</p> <p>Can be done in single or double time.</p>
Step Touch	Step Hop
<p>Step on right foot to the side. Touch left foot beside right. Repeat to the left.</p> <p>Alternatively, touch foot to the front, the side or the back.</p>	<p>Step on right foot and hop up on it. Repeat with left foot.</p>
Step Punch	Step Touch Behind
<p>Step touch to the right (step on right foot to the side, then touch left foot beside right) and punch right arm up. Step touch to the left and punch left arm up.</p> <p>Alternatively, step to the right and punch left arm across over to the right side (keep legs in straddle and swivel back foot to face the way of the punch).</p>	<p>Step on the right foot. Touch the left foot behind the right. Repeat to the left side.</p>

# APPENDIX G

OPHEA'S 50 DANCE MOVES



## Ophea's 50 Dance Move Cards - continued...

Appendix G1

Stomp	Strut
Stomp down with the right foot. Repeat with the left foot.	Walk forward four steps, rolling from heel to toe with the right foot, then left, then right, then left.
Sway	Tap Out & In
With legs in straddle, transfer weight from right to left (swaying from side to side). Raise arms above head to sway with the body from right to left.	Begin with feet together. Tap right foot out to right side and bring it back in to tap beside left foot. Repeat for a total of two, four or eight times. Repeat with the left foot.
Twist	Two-Hand Swing Turn
With feet in straddle (or hip width apart), swivel on both feet to twist the whole body.	Join hands with a partner. Make a full circle around.  Variations include walking around, sliding around or skipping around.
V-Step	Wave
Begin with feet together. Step forward to the right with the right foot. Step sideways to the left with the left foot. Then step the right foot back to centre. Step the left foot back to beside the right foot (or jump both feet back together) and clap two times.	Move arms in a "wave" pattern in front of the body. Use the right arm, then the left arm, then both arms together.

# APPENDIX G

OPHEA'S 50 DANCE MOVES



Ophea's 50 Dance Move Cards - continued...

Appendix G1

Wounded Duck	Free Style
<p>Start out standing and jump, with knees, fists and toes facing in. Then jump with feet shoulder-width apart, knees, fists and toes facing out. Repeat in and out jumping sequence.</p>	<p>Create your own dance move, Begin with a foot pattern and then add arm movements.</p> <p>The move should fill in ____ music beats.</p>