

5, 6, 7, 8 Dance

(Adapted from SPARK PE)

For this activity students will need to find a partner for each one of the steps to be learned. I tell my students to find a partner, but not to get too attached to them because they will have to change after a few minutes.

	Step	Count	Mimicking movement (only hands)
1	5,6,7,8 – Jump 4 times to the beat.	4	Hands up at shoulder height, index pointing upward. Move hands up and down to the beat.
2	Grapevine to the right (1, 2, 3, clap), grapevine to left (1, 2, 3, clap) (8 counts in all)	8	Both hands move to the right (index finger leads the way) and to the left to the beat.
3	Slap thighs: start with both hands up as high as the shoulders. Step forward + slap thighs (one count), repeat 4 times.	4	Mimic with short hand movements without actually slapping the body
4	Raise the roof: slap right thigh, slap left thigh, slap right hip, slap left hip, clap, clap, raise the roof (while yelling woo, woo) (8 counts)	8	Mimic with short hand movements without actually slapping the body, and clap noiselessly (hands do not touch)
5	Step back: take 4 steps back (this takes you right back to 5,6,7,8)	4	Hitch hike movement backwards to the beat.

After pairs have practiced step 1, we play the song. Every time it is time to do “5,6,7,8”, they perform it with this partner. They stay in place while the song goes on. When the song gets back to “5,6,7,8” they again perform the move with that partner.

Stop the music and ask students to find a second partner (this will take a couple of minutes). Teach them step #2, which they will practice with this partner only. Let the music play. When the music leads them to step one, they must “mimic” the move using only small hands movement (look at the Mimicking movement chart). When the music gets to step #2, they perform with this second partner.

Stop the music, ask them to find a different partner and teach step #3. Do the same mimicking moves when the music is on the other steps. **At this point I let the music run and tell students “find your ‘5,6,7,8’ partner”. This causes quite a scramble while they remember who their first partner was, and they need to let the music play while mimicking any other steps, until the song leads them to the “5,6,7,8” step. Yell “find your ‘grapevine’ partner!”... another “organized chaos” and fun scramble to find that partner, and so on.

I repeat the same procedure to teach them steps 4 and 5. In all students will have to find 5 partners. This is a great social mixer and helps to break the ice. Students learn to identify the step with the different partner. We practice this mad scramble several times.

Once students have learned all the steps, ask them to thank all their partners. Then they should stand individually and perform the whole dance without any partner.

VARIATIONS: This dance can be done in a circle formation as well as in line formation. When my students have learned it, I challenge them even more by alternating lines. Odd numbered lines face the front, while even numbered lines face the back. This creates even more organized chaos and students have to focus so they keep moving in the right direction.