

DANCING TO THE BEAT VOL 1

ACTIVITY IDEAS



INTRODUCTION

Welcome to Dancing to the Beat. Volume 1. "Colin the Kiwi" briefly introduces each dance on the cd and following are instructions for each dance.

In all the dances you will notice there are clear sections, usually an ABAB pattern, sometimes ABC pattern. Listen for the changes, they are quite clearly indicated. The words in most of the songs also tell you what to do. HAVE FUN!!!

1. MOVING TO THE BEAT

Actions as indicated in the words of the song.

2. ROUND AND ROUND THE VILLAGE.

Half the children stand in a circle, the others go around the village and then in and out the windows. They get a partner and dance in a circle. Then change over so that the children that were the village are now skipping around.

3. MEXICAN HAT DANCE

Section A. Face your partner and do jump changes, right left right left right, clap clap, left right left right left, clap clap.

Section B Then one person kneels down, one knee on the ground while the other person skips round. Then they change over.

For younger children you can make a hat or get an object that they can dance around.

4. WIGGLY WOO

Children are in a circle (this can also be done in free form) Walk around in the circle and wiggle as you walk. Do the actions as indicated in the words of the song. Repeat the walking in the circle. At the end crouch down and do a big jump.

5. ROCK-A-BYE-YOUR BEAR

Do actions as indicated by words in the song.

6. JIBIDI

Stand in a circle, hands free, with a few dances in the middle. (ideal ratio is 1-7)

Section A. Dances in the middle skip round. Come face to face with somebody in the circle as the melody ends.

Section B. The two greet by doing the bleking step in the rhythm indicated by the music. flip the palm of the hand (like making a stop gesture). Change hands as you change feet. When finished form a train with the person.

Repeat and add people to the line. For younger children do not make trains and have everyone skip round.

Bleking Step. Hop on one foot while placing the other heel on the floor, toe up. Change feet.

7. HIGHWAY NUMBER ONE

Section A: Side slip around in a circle. For younger children drive your car around.

Section B: Do actions that are indicated in the words of the song.

8. RIDING ON A TRAIN

Create a train by having all the children joining hands to waist. Do actions as indicated in the words of the song.

9. HAPPINESS DANCE

Children are in a circle holding hands. Circle one way for 16 counts and 16 counts the other way. Go in and out for 4 counts, 4 times. This is a simple dance to do with young children as it is very repetitive.

10. BOANOPSTEKKER

Section A: Go around in a circle 16 counts one way and 16 counts the other way.

Section B: In for 4 counts, out for 4 counts and repeat.

Section C: Choose a body part and tap it on the ground for 16 counts.

11. CLAP YOUR HANDS ALL TOGETHER

Follow the instructions in the words of the song.

12. SANTA MALONEY

Children are in a circle and they go round for the first section. Galloping is a good activity but for younger children you can just walk. Do actions as indicated by the words of the song.

13. BIRD DANCE

Section A: There are no words on this song so that you can do the 4 movements, quack, flap, wiggle and stamp or clap, or you can do only 2 movements per section A for younger children.

Section B: Link elbows and dance in a circle, change direction after 16 counts.

14. HERE WE GO ROUND THE MULBERRY BUSH

Children circle around and then do actions as indicated by the words of the song.

15. MY PIGEON HOUSE

Half the children form the pigeon house and the others are the pigeons. The pigeons come out of the house as the words indicate, fly around then return.

16. THIS IS WHAT I CAN DO

Children are in a circle and at each verse 1 child chooses an action that the others can copy. They may need help when they first learn this dance, but they will have more ideas as they gain more experience.

17. DINGLE DANGLE SCARECROW

Children lie down on the floor pretending to be asleep. They jump up as indicated and then do the actions that are part of the words to the song.

18. WHO'S IN THE MIDDLE

Children stand in a circle with someone crouched down in the middle pretending to be asleep.

Section A: As indicated by the music, children sneak into the middle with slow steps and then run back when the person wakes up. (They must not touch the "Sleeping Bear" and the Bear needs to wake up slowly)

Section B: For the dance bit you can pat your knees, jump up and down, dance around in a circle depending on the ages of the children.

19. GORILLA DANCE

One child is in the middle of the circle and they walk around like a gorilla. The other children are patting their knees. The child in the middle does the actions as indicated in the words of the song, then the child chooses another Gorilla to join in. By the end of the dance there are 8 Gorillas as they all go away and choose another gorilla each verse. The actions are then repeated as Flamingos. It is a good idea to start with more than one Gorilla so that by the end of the dance all the children are being gorillas.



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