

## MacArthur Fundamental Dance Unit

Intro to dance: Most dances use a 4 and 6 beat pattern depending on type and style of music. In this class we will be doing 4 types of dances. Line dances, Folk Dances, Partner Dances and choreographed dances.

Line Dance - a type of country and western dancing in which dancers line up in a row without partners and follow a choreographed pattern of steps to music.

Folk Dance - a popular dance, considered as part of the tradition or custom of a particular people.

Partner dance - dances whose basic choreography involves coordinated dancing of two partners, as opposed to individuals dancing alone or individually in a non-coordinated manner, and as opposed to groups of people dancing simultaneously in a coordinated manner.

Choreographed dance – A group of dancers moving together in an organized predetermined manner to music.

Dancing requires dancers to memorize patterns and work together. All dancers need to be respectful of all other dancers. Learning new dances takes time to perfect and mistakes happen. It is important to be encouraging to others. Dancing comes easily to some but is difficult for others. Those whom dance comes easily have a responsibility to help and teach those whom it does not come easily to.

As a class we will be learning 5 dances:

“The Hustle” (70s line dance)

The Tush Push (Country Line Dance)

Slappin’ Leather (Country line dance)

The Pata Pata (Folk Dance)

Swing Dance (Partner Dance)

## The Hustle

### Steps:

#### Part 1

1. Start with your feet in closed position.
2. Step back with your right foot.
3. Follow with a step back with your left foot.
4. Step back again with your right foot.
5. Close your left foot to your right foot.

#### Part 2

6. Step forward with your left foot.
7. Step forward with your right foot.
8. Step forward with your left foot.
9. Close your right foot with your left foot.

#### Part 3

10. Step to the right with your right foot.
11. Step to the right, crossing in front of your right foot, with your left foot.
12. Step to the right with your right foot.
13. Close your left foot with your right foot.

#### Part 4

14. Step to the left with your left foot.
15. Step to the left, crossing in front of your left foot, with your right foot.
16. Step to the left with your left foot.
17. Close your right foot to your left foot.

#### Part 5

18. Travolta for 8 count

#### Part 6

19. Hand roll right for 1 count, and left for 1 count
20. Chicken right for 1 count, and left for 1 count

#### Part 7

21. Step right foot forward, touch
22. Step right foot back, touch
23. Step right foot side, touch
24. Left foot 1/4 turn to left, right foot feet together

## The Tush push (Country)

### Part 1 (12 count)

1. Right foot Heel, toe, heel, heel
2. Left foot switch heel, toe, heel, heel
3. Switch feet right heel, left heel, right heel, clap

### Part 2 (8 count)

4. Right hip forward 2 count
5. Left hip back 2 count
6. Groove (hip swivel) 4 count

### Part 3 (8 count)

7. Triple step forward
8. Step forward with left foot
9. Shift weight back to right
10. Step back with the left foot, triple step
11. Step back with right foot, shift weight back to left

### Part 4

12. Step forward with the right foot, triple step, step forward with the left foot 1/2 turn to right
13. Step forward with the left, triple step, step forward with the right 1/4 turn left, step forward with the right then left, 1/2 turn left
14. Step Right then left feet together (clap of Left foot step).

(Repeat)

## The Pata Pata (African Folk Dance)

### Part 1 (8 counts)

1. Step right foot to side, right foot back together
2. Step left foot to the side, left foot back together
3. Toes turn out and hands turn out
4. Heels turn out and hands turn down
5. Heels turn in and hands turn out
6. Toes turn in and hands turn down

### Part 2 (8 counts)

7. Right knee up across body
8. Right foot down
9. Right knee up across body
10. Right foot down
11. Turn 1/4 turn to right and kick with left foot
12. Step back with left foot
13. Step back with right foot
14. Feet together and clap

## Troika (Russian)

Troika is the Russian word for sleigh. The “Troika” represents the prancing of horses as they pull a sleigh.

### Formation:

Break into groups of three. All dancers get into a circular formation, with the groups of three positioned as if they were the spokes in a wheel. Groups of three face counter clockwise and join hands.

### First section (16 counts)

1. While holding hands, run (Prance) forward 8 counts pause and 8 counts and pause

### Second Section (16 counts)

2. Over the next eight counts, groups continue to hold hands. In each group, the person in the center and the left forms an arch with their arms. The person on the right runs in front of the center person and under the arch, then behind the center person and back to his/her original position. The center person turns in place, the left, under the arch. Finish facing forward.
3. The person on the left repeats the sequence above, running through the arch formed by the dancer in the center and on the right. The center person turns to the right, following the person the left under the arch. The sequence takes eight counts.

### Third section (32 counts)

4. Groups of three join hands, so that they form a small circle. Run 12 steps clockwise to the left beginning with the left foot. After 12 steps stamp your feet three times (left, right, left) and pause for one count.
5. Repeat the sequence, this time counter clockwise for 12 steps, starting with the right foot. Two outside dancers make an arch and center dancer goes under arch and runs forward to the next group.

(Repeat)

### Slappin' Leather (Country)

#### Part 1

1. Heels out heels together, heels out heels together
2. Right heel touch feet together, left heel touch, feet together
3. Right heel touch hitch, feet together, left heel touch hitch feet together.

#### Part 2

4. Right heel touch forward, right heel touch back, right heel touch forward, toe touch side
5. Heel lap left, heel slap right (quarter turn left), heel slap left
6. Grape vine right, left heel slap
7. Grape vine left, left heel slap

#### Part 3

8. Step back with right foot
9. Step back with left foot
10. Step back with right foot
11. Slap left heel behind
12. Step forward with left foot
13. Stomp right foot, feet together
14. Step forward with left foot
15. Stop right foot, feet together

### Swing Basic

Lead:

1. Left foot step back (Rock step) Push with hands then pull to start
2. Triple step (left,right,left) Lead Left with hands
3. Triple step right (right, left, right) Lead right with hands back to start

Follow:

- 1 Right foot back (Rock step) resist and follow hands back then forward.
- 2 Triple step right (right, left, right) follow right with lead tempo
- 3 Triple step left (left, right, left) follow left back to start with leads tempo