

# 5-6-7-8

## Summary

Dance activity for the sixth grade.

## Group Size

Large Groups

## Life Skills

Thinking & Reasoning, Communication, Social & Civic Responsibility

## Materials

CD player, "Swamp Thing" by The Grid or any other upbeat 4/4 music

## Background for Teachers

basic dance steps

## Student Prior Knowledge

following directions, staying in a line movement pattern

## Intended Learning Outcomes

- Participate in new activities.
- Recognize the role of dance in getting to know various backgrounds.
- Movement concepts.

## Instructional Procedures

Counts: 1-8 Grapevine right, grapevine left

*For a Grapevine Right:*

Step to your right with your right foot (putting your weight on your right foot). Step behind your right foot with your left foot (putting your weight on your left foot). Step again to the right with your right foot (weight on right) and touch your left foot next to your right (with your weight staying on the right foot).

*For a Grapevine Left*

: repeat the above going left but switching to the other foot.

Counts: 1-8 Step forward diagonally right, then left, and repeat

Counts: 1-8 Hip, hip, pocket, pocket, clap, clap, point, point

Counts: 1-8 Jog backward four steps and jump in place four times

Repeat to end of song.

*Variations:* Jump and turn a complete circle

## Strategies for Diverse Learners

Natural dancers should be placed throughout the group to help act as a guide for others who aren't comfortable with the dance yet.

## Authors

[TIMOTHY BEST](#)