

Hampster Dance

Summary

This activity provides an opportunity for students to experience the dance curriculum.

Group Size

Individual

Materials

CD player, "Hampster Dance" by Harry and the Hampsters

Background for Teachers

basic dance steps

Student Prior Knowledge

Ability to follow directions and respect self-space.

Intended Learning Outcomes

Students will gain insight into dancing and its benefits. Students will learn how to dance with any type of music.

Instructional Procedures

Steps 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.

Steps 1-8: Cha-cha

Step forward right, cha-cha

Step forward left, cha-cha

Repeat

A cha-cha is an abbreviated step like you're trying to squeak your shoes on the gym floor.

Steps 1-8: Cross over

Cross right over left, kick out right leg then backwards cha-cha-cha

Cross left over right, kick out left leg then backwards cha-cha-cha

Repeat

Steps 1-8: Rope

Rope 1/4 to the left

1/4 facing the rear

1/4 turn left again

Rope to the front and step together with a clap.

Repeat

When you "rope" you simply hold one hand above your head and pretend you have a rope above it and swing your arms in a circle above.

Strategies for Diverse Learners

Students having difficulty with the quick steps may do one set in sixteen counts while the others do two sets in sixteen counts.

Authors

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