

# Cardio Warm-up Dance

## Summary

This activity provides an opportunity for students to warm-up to modern upbeat music.

## Group Size

Large Groups

## Life Skills

Thinking & Reasoning, Communication, Social & Civic Responsibility

## Materials

CD player

"Hella Good" by the band No Doubt

## Background for Teachers

basic dance steps

## Student Prior Knowledge

Basic dance steps and ability to follow directions.

## Intended Learning Outcomes

Students will have the opportunity to experience a movement form that is aerobic and high energy.

## Instructional Procedures

When the words to this song start, this is when the dance begins.

Counts 1-16: Grapevine right, grapevine left and repeat

*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 1-16: Shuffle right, shuffle left and repeat.

*The Shuffle*

is three steps to two beats of music:

Step forward with your right foot and quickly bring your left foot next to your right foot and step down.

Quickly step forward with your right foot

Counts 1-16: Jump right, jump left and repeat.

Counts 1-16: Perform Tae-Bo arm rolls to the right side of your body, to the left and repeat.

*Tae-Bo*

: looks like a traveling call in basketball.

Counts 1-16: 4 punches with the right arm, 4 punches with the left arm and repeat both sides.

Repeat until end of song...

## Authors

TIMOTHY BEST