

## Line Dance

Form a line by standing behind each other.

Place your hands on the person's waist in front of you.

Now you're ready for the bunny hop.

Touch right heel two times. (Stick out right heel, bring in, then stick out.)

Touch left heel two times. (Stick out left heel two times.)

Hop forward once. (Hop up.)

Hop backward once. (Hop back.)

Then hop three times forward... (Hop, hop, hop.)

Time for the conga!

Step, step, right heel. (Two steps and stick out right heel.)

Step, step, left heel. (Two steps and stick out left heel.)

(Twirl hands and alternate putting opposite hand to elbow.)

Let's do a little Irish dancing!

Hands on waist.

Alternate kicking right and left heel. (Touch right heel and then left.)

Can you dance in a circle? (Put right hand above your head.)

Can you go in the opposite direction? (Put left hand above your head.)

Make up your own Irish dance!

Activities: Increase the difficulty of these dances.

Encourage the children to teach other dances that they know to their classmates.

Show video clips of different folks dances from around the world.

Invite parents or others in your community to demonstrate dances, instruments, or music from their culture.