

Line Dance Study Guide

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Terms

Beat:	the underlying pulse of the music
Duration:	the length of time a sound or movement occurs
Rhythm:	a combination of long and short sounds or movements that creates a pattern
Tempo:	the speed or pace of the beat, how fast or slow the movements or the music is performed
Unison:	everyone performing the same movement at the same time

Dance Steps

Cha-Cha:	three steps done to two beats of music. Count 1&2 = Left, Right, Left (LRL), or Right, Left, Right (RLR) and is used with cha cha rhythm
Grapevine:	a continuous traveling step pattern to the side with crosses behind and or in front of the opposite foot
Heel Touch:	the heel touches the floor in a given direction without putting weight on that foot
Hop:	a spring into the air from one foot landing on the same foot
Jazz Square:	a smooth, sassy step in which a dancer completes a square with four steps
Running Man:	a movement, usually done in two beats of music, initiated by stepping in any direction on the first beat while bending the knee slightly, and tapping the other toe on the ground
Slide:	a movement in any direction. Push, draw, or slide the unweighted foot up to or back to the unweighted foot.

Line Dances

Boot Scootin' Boogie:	a single, released in 1992, by the American country music duo Brooks & Dunn. A dance has been designed around the song.
Cha Cha Slide:	a line dance with called instructions. It is an updated version of the Electric Slide.
Cotton-Eyed Joe:	a popular American folk song known at various times throughout the United States and Canada, although today it is most commonly associated with the American South.
Cupid Shuffle:	a popular chicken dance and has drawn a lot of comparison to DJ Casper's "Cha Cha Slide."

Senior Dance Presentation

This year's senior dance unit is a spin-off of last year's dance unit. Instead of learning new dances, you will be creating your own line dance to a selected piece of music with a group of your peers. The dance will have various requirements that you must fulfill listed below. If your dance has the proper length, required steps, and creativity, then you will receive full credit for the assignment.

Required Length of Dance: 2 minutes

Dance Steps Required: You must include any 5 of the 7 dance steps learned:

- **Cha-Cha**
- **Grapevine**
- **Heel Touch**
- **Hop**
- **Jazz Square**
- **Running Man**
- **Slide**

Song Choice: Your group captain will draw a number for order of song choice. The songs may not be used more than once. Once a song is taken, your group must choose another song.

Songs:

- **"Forever"- Chris Brown**
- **Cotton Eyed Joe**
- **"Mambo #5"- Lou Bega**
- **"Footloose"**
- **"Locomotion"**
- **"Stayin' Alive"- Bee Gees**
- **"Boot Scootin' Boogie"-Brooks & Dunn**
- **"I Will Survive"-Gloria Gaynor**
- **"Feel Like a Woman"-Shania Twain**
- **"Rock Your Body"- Justin Timberlake**
- **"Electric Slide"**
- **"Forget You"- Cee Lo Green**
- **"Only Girl"- Rihanna**
- **"ROCKin' in the USA" Brooks & Dunn**

Your group can add additional steps and your dance can repeat itself no more than 4 times. It is a LINE dance but you can be staggered for your presentation. Be CREATIVE!!