Beat It!

**Description**
This is a rhythmic activity that promotes beat awareness.

**Music**
Use a hand drum to beat a variety of rhythms (e.g., fast, slow, even, uneven).

**Formation**
Dancers are in scattered formation.

**Basic Steps**
Locomotor and nonlocomotor movements

**Action**
Explain to students that they will be moving to the beat of a drum. Students will move based on their interpretations of the beat, for example, fast/slow, soft/hard, even/uneven rhythm. The following are suggestions for drumbeats:

1. Tap drum lightly for 8 counts.
2. Beat drum heavily for 8 counts.
3. Combine light and heavy beats.
4. Beat the drum in an even rhythm.
5. Beat the drum and have dancers move one step for each beat.
6. Beat in an uneven rhythm and have dancers move to it.

Have students travel to the beat (walk lightly, run, skip, and so on). Students may also perform gesture-like movements while stationary. Students can create a sequence with a beginning, middle, and end from a series of three 8-count drumbeats (24 counts) that contrast in speed, force, and rhythm. Have students practice the sequence so that it is repeatable.
Statue Dance

**Description**
This is a rhythmic activity that promotes beat awareness and body management.

**Music**
*Turn the Beat Around* (Gloria Estefan, Epic Records) or any music of choice

**Formation**
Have students in scattered formation.

**Basic Steps**
Locomotor skills (walk, skip, gallop) and balances

**Action**
Have students move to the rhythm of the song using any locomotor movements they select (walking, skipping, galloping) throughout general space. Explain “When you hear the drumbeat (with two quick beats), change directions. When the music stops, freeze like a statue and hold the pose or balance very still for 5 seconds (five “Mississippi’s”). Repeat.”
Hand Jive

**Description**
This is a hand gesture routine.

**Music**
Any lively popular tune or “Willie and the Hand Jive” by Eric Clapton

**Formation**
Have dancers scattered around activity area.

**Basic Steps**
This activity involves only hand gestures. Students may be challenged to create their own steps.

**Action**
1. Pat hands two times on your knees or thighs.
2. Clap your hands two times.
3. Crisscross your hands, right hand above.
4. Crisscross your hands, right hand below.
5. Making two fists, hit your hands together twice with the right hand on top and twice with left hand on top.
6. Make a thumbs-up sign with your right hand and point backward over right shoulder twice, as if you were hitchhiking.
7. Make a thumbs-up sign with your left hand and point backward over left shoulder twice, as if you were hitchhiking.
8. Repeat all steps until the music ends.
The Chicken Dance

**Description**
This popular novelty dance involves gesture-like movements and basic locomotor skills.

**Music**
*Christy Lane's Complete Guide To Party Dancing Music, CL115CD*

**Formation**
Dancers in scattered formation facing you

**Basic Steps**
Gestures and locomotor skills

**Action**

**Part A**
- Cheep, cheep, cheep, cheep (Make “pecking” actions with fingers)
- Flap, flap, flap, flap (Put thumbs under arms and make flapping movements)
- Wiggle, wiggle, wiggle, wiggle (Sway hips from side to side)
- Clap, clap, clap, clap
  - Repeat part A four times.

**Part B**
Children skip, gallop, or jog throughout general space for 32 counts. Change the locomotor movement each time the dance is repeated.
Repeat the dance.