



ZOMBIE Rhythms



Dance Activities that Refuse to Die



**Presented by
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From the tombs of the cassettes come those Zombies back from the dead. Come and move to thirty years of dance and rhythmic greats now being brought to back to life with updated music and renewed energy. Easy to learn, easy to use activities that even the left-footed walking dead can teach. Come to see if one or more of your favorites have been given new life!!

Alien Goo:

- Pair the students. The students connect their hands as if their hands had been sprayed with alien goo.
- While the music plays, the pair moves in the area together. When the music stops, the pair shakes their free hands and say “thanks for being my partner”. Magically, the goo disappears and the students are free to find another partner.
- When a student finds a new partner, he/she asks “will you please be my partner?” As they grip hands the alien goo is back!
- Have the pairs do different things as the music plays. Examples are 1) do-si-so another pair, 2) form a star and circle once, and 3) weave over and under other pairs.

5 ‘N 10:

- Challenge the students to complete five of the same motion in ten seconds.
- Motion examples follow:
 - Do-si-do five different people in ten seconds
 - Give five different people a high five in ten seconds
 - Elbow swing five different people in ten seconds
 - Do five double underarm turns with a partner in ten seconds
 - Take five backward steps with three different people in ten seconds
 - Make a circle with five different people in ten seconds
 - Do five skips with two different people in ten seconds
 - Do five jumps with two different people in ten seconds
 - Do five slides with two different people in ten seconds
 - Do five different poses in low level in ten seconds

Rock and Roll:

- Play some music with a good strong beat. The students perform a rolling motion with the hands for 8 counts.
- The students bend their knees and sway from side to side for 8 counts (rocking).
- Repeat the rolling and rocking parts. After a short time, use the two motions to move in different ways (up and down, forward and backward, around the room, etc.).
- Repeat until the desired warm up is complete.

Singing in the Shower:

Music: Singing in the Shower by Sandra Boynton and Christopher Kale Jones

- Touch left hip with right hand. Touch right hip with left hand.
- Touch left shoulder with right hand. Touch right should with left hand.
- Touch the top of the head with right hand. Touch top of the head with left hand.
- Touch nose with right hand. Touch nose with left hand.
- Repeat all three more times.

- Step right, touch left. Step left, touch right. Repeat right and left.
- Turn $\frac{1}{4}$ turn to the right and do the step touches (right, left, right, left).
- Repeat.

Community Create:

- This can be used during rhythms units or game innovation.
- Give small groups (2-3 students) a short amount of time (30-45 seconds) to add onto a movement, to fix a rule, to create a group pose, etc.
- Allow them to incorporate their community creation into the activity.
- Great for Standard five and possibly Standard two.

The Delaware Dance

Music: *What Did Delaware* by Countdown Kids

Formation: Double circle, partners facing

- Hit own thighs once, clap once, hit partner's right hand, clap once, hit partner's left hand, clap once, hit own thighs twice (total of 8 counts)
- Walk 4 steps to the right to make a small circle around self. Facing partner again, hit partner's right hand, left hand, right hand, left hand.
- Do-si-do the partner (8 counts). Right elbow swing the partner (8 counts).
- Use four counts (it is in the music) to have the outside circle move to the right to face the next inside partner.

Roly Poly in My Guacamole

By Leslie Bixler on *Rhythm Train*

- Step forward left, step back right; step left, right, left (Cha cha step)
- Step backward right, step forward left; step right, left, right (Cha cha step)
- Repeat
- Use the cha cha step to cross left over right (cha, cha, cha) and cross right over left (cha, cha, cha). Repeat
- While rolling the wrists around each other, walk to the right to make a small circle around yourself (16 counts)
- Touch the left heel forward, then the right heel forward. Walk 4 steps to face the opposite direction (to the back). Repeat this motion to return to face the front.

Winter Carnival Dance:

Music: Jingle Bells by Hampton the Hamster from *Hampsterdance the Album*

Formation: Double circle, partners

- Partners stand side by side holding the inside hand. Dance moves counterclockwise.
- Do skates forward (8 counts). Do skates backward (8 counts).
- Partners join right hands and do a right-hand star (8 counts). Do a left-hand star (8 counts)
- Partners face and join both hands. Moving counterclockwise, do step, touch (8 counts).
- Moving clockwise, turn under the raised hands (double turn) (8 counts).
- Moving counterclockwise, do step, close (8 counts).
- Moving clockwise, turn under the raised hands (double turn) (8 counts).

Shake Senora

Music: *Hit Crew on Drew's Pizza Party*

Intro: Step forward right. Step forward left. Step backward right. Step backward left.
Repeat 7 more times.

Part 1: Shake the hands for 8 counts.
Keep shaking the hands and add shaking of the shoulders (8 counts).
Keep shaking hands and shoulders and add shaking of the knees (8 counts).
Shake the whole body for 8 counts.

Part 2: Move the arms above head twice. Move the arms below the waist twice.
Repeat 3 more times.

Part 3: Step right, touch left. Step left, touch right. Repeat right and left. Turn $\frac{1}{4}$ turn to the right and do the step touches. Turn again $\frac{1}{4}$ to the right and do the step touches. Turn again $\frac{1}{4}$ and do the step touches. (This will make a box that returns to the front)

Repeat Parts 1, 2, and 3
Repeat Parts 1, 2, and 3
Repeat the Intro
Repeat Parts 1, 2, and 3



Dinosaur Dance:

Music: *Dinosaur Rock and Rock from Dancin' Magic* by Joanie Bartels

Formation: Partners, both facing the same direction with two short ropes, scarves, or bandanas

- With the first partner leading the pair: Grapevine right, grapevine left, grapevine right, grapevine left.
- Right heel dig, left heel dig, walk 4 counts. Repeat
- REPEAT all of the above.
- The partners turn to face and shake the ropes/scarves between them for 16 counts.
- With the ropes still held between the partners, they sway side to side for 16 counts.
- With the ropes still held between the partners, they double turn underneath the ropes (8 counts) and then move the ropes/scarves in a sawing motion back and forth (8 counts).
- Start the dance over the other partner leading..

Brush Off Dance

Music: Waka Waka by Sharika

Formation: Groups of three facing another group of three

- Brush the left shoulder twice with the right hand. Brush the left shoulder twice with the right hand. Brush the right thigh twice with the right hand. Snap right hand fingers twice.
- Repeat
- Grapevine right, grapevine left. Repeat right and left grapevines

- The middle person in each group do-si-do the person to his/her left and then back to the middle. The middle person then do-si-do the person to his/her right and then back to the middle (total 16 counts).
- The two groups move toward each other and do-si-do the person across from them (8 counts).
- Grapevine right, grapevine left.

- The two groups join together and circle to the left for 8 counts.
- The joined groups walk in the center of the circle - 4 counts and back out - 4 counts.
- The two groups join together and circle to the right for 8 counts.
- The joined groups walk in the center of the circle - 4 counts and back out - 4 counts

Rhythm Rings:

Have the student work in pairs. Both partners must do the activities. Create activities on a chart similar to the one below. The teacher checks off each activity as they complete it. Have the students participate for 5-7 minutes. For each check, they receive one bead. Have them string their beads on a pipe cleaner. Twist the pipe cleaner onto the wrist and they have a Rhythm Ring.

Activity	1 st Time	2 nd Time	3 rd Time
10 – Grapevines			
Do-si-do 10 different people			
Elbow swing 10 different people			
10 – Cha Cha steps			
10 – Double side steps (double points)			
20 – Step kicks			
16 – Single side steps			