

# A Social Dance Unit for Middle & High Schools (Swing)

*by*

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Social Dance involves dances such as Swing, Salsa, Merengue, and Cha Cha Cha. This program thus aims to teach real-life skills to children. The Middle and High Schools Dance Unit is a complete program for social dancing instruction with five self-contained lessons. Each lesson teaches a different rhythm, and there are booklets to accompany the program. This presentation will focus on the Swing Dance lesson.

Developed in Massachusetts under MA-HPERD since 2004, the syllabus includes clearly defined objectives, assessments and rubrics compliant with National Frameworks. All lessons comprise of warm up exercises, an easy dance routine, activities, extensions and teaching notes.

Teresa Osborn has been teaching dance to children and adults for 25 years.

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### Activity 1: Basic Steps

#### A) ROCK BASIC

Count	Leader	Follower
1	Left Foot back (small step)	Right Foot back (small step)
2	Step forward, replace onto Right Foot	Step forward, replace onto Left Foot
3 4	Left Foot to side	Right Foot to side
5 6	Transfer weight to Right Foot	Transfer weight to Left Foot

#### B) FLICK STEP BASIC

Count	Leader	Follower
1 2	Back, Replace	Back, Replace
3	Flick Left Foot forward	Flick Right Foot forward
4	Replace Left Foot	Replace Right Foot
5	Flick Right Foot forward	Flick Left Foot forward
6	Replace Right Foot	Replace Left Foot

### Activity 2: Underarm Turn

#### C) UNDERARM TURN

Count	Leader	Follower
	Right hand hold facing partner with weight on Right Foot.	Left hand hold facing partner with weight on Left Foot.
1 2	Back, Replace.	Back, Replace.
3 4 5 6	Lead the follower to turn by raising the joined hand, and gently stirring the hand $\frac{3}{4}$ clockwise. Lower the hands at the end of the turn.	Step under the raised joined hands on the Right Foot, and turn $\frac{3}{4}$ to right by stepping Left Foot to side. End with partner off to the right side.
1 2	Back, Replace.	Back, Replace.
3 4 5 6	Raise the joined hands and lead the follower to turn $\frac{3}{4}$ turn to the left, stirring counter-clockwise. Lower the joined hands at the end of the turn.	Turn left under the raised joined hands $\frac{3}{4}$ turn by stepping forward Right Foot, side Left Foot. End facing partner.

1.



2.



3.



**Activity 3: Push Spin & Windmill**

## A) PUSH SPIN

Count	Leader	Follower
	Right hand hold facing partner with weight on Right Foot.	Left hand hold facing partner with weight on Left Foot.
1 2	Back, Replace.	Back, Replace.
3 4	While stepping to the side with the Left Foot, turn left palm flat towards partner and brace arm	Step forward on Right Foot bracing right palm against leader's left hand.
5 6	Brace [count 5], step to right [count 6] OR: spin to the left [count 5], step to the right [count 6]	Spin to the right [count 5] completing a full turn. Step to side on the Left Foot [count 6]

## B) WINDMILL

Count	Leader	Follower
	Shake hand Hold with weight on Right Foot.	Shake hand Hold with weight on Left Foot.
1 2	Back, Replace.	Back, Replace.
3 4 5 6	Raising the right arm over the follower's head, turning $\frac{1}{4}$ turn to the left lowering the raised arm to end behind back ending side by side on leader's left side.	The follower dances $\frac{3}{4}$ turn left under the leader's right arm to end side by side on the leader's left side.
1 2	Back, Replace.	Back, Replace.
3 4 5 6	The leader dances counts 3456 of the Rock Basic turning $\frac{1}{2}$ turn to the left with a windmill arm action (left arm lowers behind follower's back followed by right arm) to end facing partner in an open hold.	The follower dances counts 3456 of the Rock basic moving forward turning $\frac{1}{2}$ turn to the right to end facing partner in an open hold.

**Activity 4: Curls**

## A) CURLS (REPEAT TWICE)

Count	Leader	Follower
	Double hand hold with weight on Right Foot.	Double hand hold with weight on Left Foot.
1 2	Back, Replace.	Back, Replace.
3 4	Raising left arm over the follower's head, and pulling slightly with the left arm, the Leader changes places moving forward with Left Foot around follower turning $\frac{1}{2}$ right	The follower dances the Right Foot forward turning $\frac{1}{2}$ turn left under the leader's left arm changing places with Leader
5 6	Right Foot back releasing hold with right hand to end in Open Position with Double Hand Hold	Left Foot back to end in Open Position with Double Hand Hold.

**Activity 5: Flicks & Windmill**

## A) FLICK-STEPS: TOWARDS AND AWAY FROM PARTNER

Count	Leader	Follower
1 2	Back, Replace; turning $\frac{1}{4}$ to left.	Back, Replace; turning $\frac{1}{4}$ to right
3	Flick Left Foot towards partner	Flick Right Foot towards partner
4	Replace Left Foot	Replace Right Foot
5	Flick Right Foot away from partner	Flick Left Foot away from partner
6	Replace Right Foot	Replace Left Foot

## B) FLICK-AROUND

Count	Leader	Follower
1 2	Back, Replace; turning $\frac{1}{4}$ to left.	Back, Replace; turning $\frac{1}{4}$ to right,
3	Flick Left Foot turning $\frac{1}{4}$ to left (away from partner)	Flick Right Foot turning $\frac{1}{4}$ to right (away from partner)
4	Step on Left Foot	Step on Right Foot
5	Flick Right Foot turning $\frac{1}{2}$ to left (ending facing partner)	Flick Left Foot turning $\frac{1}{2}$ to right (ending facing partner)
6	Replace Right Foot	Replace Left Foot

## C) WINDMILL (SEE ACTIVITY 3.B)

**Activity 6: Full Routine**

Performed in couples

- (a) Two Rock-Step Basics
- (b) Underarm Turn.
- (c) Two Rock-Step Basics,
- (d) Push Spin & Windmill
- (e) Two Rock-Step Basics
- (f) Curls
- (g) Flicks & Windmill

**Activity 7: Progressive Rueda**

Performed in couples in a large circle (leaders facing in, followers facing out)

- (a) One Rock-Step Basic
- (b) Underarm Turn
- (c) One Rock-Step Basic
- (d) Push Spin & Windmill
- (e) One Rock-Step Basic,
- (f) Curls. Follower progresses clockwise onto next partner by turning to left while leader marks time (one Basic step)