

Dance for Fun and Fitness

SHAKE IT UP! DANCE MOVEMENTS 1

March in place for 8 to 16 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 March in place with bicep arm curls for 8 to 16 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 March in place with forward punching arms for 8 to 16 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap

Step together with clap for 8 to 16 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 Step together with bicep arm curls for 8 to 16 counts

March forward for 4 counts and clap
 March back for 4 counts and clap
 Step together 2 times for 8 to 16 counts
 March forward for 4 counts and clap
 March back for 4 counts and clap
 Step together 2 times and clap for 8 to 16 counts
 Repeat

SHAKE IT UP! DANCE MOVEMENTS 2

Push hands up, out front, hands down, and jump up
 Push hands up, out front, hands down, and jump up
 Step to the left side 2 times
 Step to the right side 2 times
 Step to the left side, step to the right side
 Step to the right side, step to the left side
 Twist down
 Twist up
 Push hands up and spin around
 Repeat

DANCE MOVEMENTS DEFINED

Bicep Arm Curls: Arms are straight out in front with palms facing up. Bend elbows and pull hands in toward shoulders.

Punching Arms: Arms are bent at sides with hands in a fist. Punch right arm out and back. Repeat with left arm.

Step Together: Step to the right with right foot, step together with left foot. Step to the left with left foot, step together with right foot.

Step Together 2 times: Step together twice in the same direction.

OPTIONAL DANCE MOVEMENTS

Knee Lifts: Bend leg at the knee and lift toward chest. Repeat with opposite knee. Keep back straight.

Kick Backs: Place feet shoulder width apart. With right foot stationary, bend left leg at the knee and kick heel back. Repeat movement with right leg.

Circular Arms Forward: Arms are straight at sides, lift right arm and rotate forward to make a full circle until arm is straight at side again. Repeat with left arm.

Circular Arms Backward: Arms are straight at sides, lift right arm and rotate backward to make a full circle until arm is straight at side again. Repeat with left arm.

Push Up Arms: Push right hand straight up toward the ceiling. Return right hand to side. Repeat with left hand. Push both hands straight up toward the ceiling. Return both hands to side.

Arching Arms: Arms are straight at sides with palms open, lift both arms to create an overhead arch and return to side.

Tips

- Feel free to vary the movements to your own pace and comfort level.
- Make up additional steps, or use the movements listed in the “optional dance movements” section of this handout.