

Cha Cha Slide

Objective: To learn a current hip hop dance, step by step. Identify the elements of dance present in the dance learned in lesson.

Equipment: stereo, cha cha slide CD, cones

Formation: 4 lines of 6-7 students per line across the gymnasium.

Activity Description:

Students will listen to the Cha Cha Slide song and then perform it as a class. At the end of class, one dance will be videotaped.

Procedure:

1. Tell students: We will learn a current dance that is popular at weddings and middle school dances. It is the Cha Cha slide. This is a dance that is self-directed but you must know the moves before you listen to it in order to effectively perform it.
2. I will teach you the basic step and then we will learn the rest as we go.
3. Listen to the song to identify words or directions that the majority of the class doesn't understand. When there are directions for a certain dance move that you don't understand or don't know, raise your hand and we will stop the music.
4. Review the list of moves and ask for volunteers to demonstrate the move if they know it.
5. List of moves:
Hops, criss cross, reverse, Charlie brown, get funky with it, hands on your knees.
6. Once the review is done, perform the first minute of the song and correct the mistakes that are happening.
7. Provide feedback for students and then perform the whole song. Allow students to make mistakes and then find their place again.
8. Continue to add more time to each practice session until the class can complete the whole song.
9. After completion, videotape the class and then watch it on the TV after its done.

Brief/Debrief:

What elements of dance we learned yesterday were present in this dance?