

Basic Lesson Plan

60 minute time line.

- **5 minutes** / Warm up (toe taps, rolling ankles, hops, jumps)
- **5 minutes** / Top rock instruction and practise
- **10 minutes** / Transition to floor instruction and practise
- **10 minutes** / Footwork on the floor instruction and practise
- **10 minutes** / Finishing pose instruction and practise
- **10 minutes** / Students put moves together and display what they have been working on
- **10 minutes** / Cool down, stretch and group talk

Dance move: Top Rock

Goal of move: The top rock acts as an introduction of each individual dancer.

Sequence of movement: Students start by standing with their feet shoulder length apart. The right foot steps forward and in front of the left foot. Then the right foot returns to the neutral position and it is repeated with the left foot stepping in front of the right foot, then the sequence is repeated. Arms swing open and then close as each foot steps out, creating momentum.

Body parts used: Legs and arms are used.

Dance move: Spin transition

Goal of move: The spin transition takes the student from dancing on their feet to the floor.

Sequence of movement: The dominant leg is placed over the inferior leg while the dominant arm is pulled back in a punching motion. The dominant arm is then swung while the dominant leg initiates a spin. The student will gradually lower themselves to the floor ending in a squat position with their hands placed in front of them.

Body parts used: Core and leg muscles.

Dance move: Kick outs

Goal of move: Kick outs are a basic footwork movement done on the floor.

Sequence of movement: Students start in a squatting position, on the balls of their feet. The left hand is placed on the floor then both legs kick out to the front and fully extend, placing the heels onto the floor. Both feet then return back to the squat position and the movement is repeated while placing the right hand down.

Body parts used: Arm, core and leg muscles.

Dance move: Backwards slide

Goal of move: The backward slide is a stylized way of moving on the floor.

Sequence of movement: Students start in a squatting position and swing both arms back with the fingers point forward. The posterior is slowly lowered to the floor while the arms reach to the floor and swing forward all while pushing back with the heels. The end result is the student slides backwards on their posterior.

Body parts used: Arm, leg and core muscles.

Dance move: Scissor kicks

Goal of move: Scissor kicks are a basic footwork movement done on the floor.

Sequence of movement: Students start in a squatting position and place both hands on either side of their body then place them onto the floor. Both legs are extended out with the knees slightly bent, causing the body to be parallel to the floor. The legs are then shuffled back and forth in a scissor motion while the arms support the weight of the upper body.

Body parts used: Arm, leg and core muscles.