Start: 3:30 **Dance Club**: Teach all moves. (**Record for website**)

Ends: 5:20 **Dance Team**: Routine/ Choreography

Total time: **1 hour and 50min/ 110 min.**

***Lesson Outline:***

***# for steps are when feet touch or are planted in ground!***

|  |  |  |  |
| --- | --- | --- | --- |
| **3** | **4** | **2** | **1** |

**Preplan** each lesson. Lesson consists of 2 dance moves.

\*Visual aids= 1,2,3,4. Starting kicking out=

Reminders= jump out, in(figure 4). In is always going to center. Out is to opposite direction of kicking foot.

#1: Spongebob

\*Visual aids= n/a

Reminders= Loose arms like jello/noodles

#2: Bernie

1. Direct/ Use shoulders.
2. Both Arm: movement direction goes in same way.

Select appropriate (clean) Music for the two moves and list.

1. tote it 3. Moving like bernie

2. 4.