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 ground.***

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

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

\*Visual aids= 1,2,3,4. (Vertical/ straight)

Reminders= Up (knee), shove (slide foot back)

#1: Shuffling or running man.

Start off with right leg in front.

1. Reverse of reject.
2. In all directions.

|  |  |  |  |
| --- | --- | --- | --- |
| 2 | 1 | 1 | 2 |

\*Visual aids= literal t shape on feet. 1,2.

Reminders= in, stomp.

#2: T- step

1. In all directions

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

1. party rock anthem 3. Greatest deejay- party people

2. new dutch shuffle 4. Back by any demand

Kick it to the bone

Mine craft style

David Guetta remix