Learn a Dance

**Big Idea:**
Challenging ourselves to learn something new and using our bodies for self-expression.

**Your students will:**
- Learn dance steps along with Freddie and Ty
- Combine each dance step into a routine
- Reflect on the process of learning something new and times when they’ve been nervous

**Dance It Out with Freddie and Ty**
As a class, co-view the clip from the episode *“Hip Hop & The Summer Dance-off,”* in which Freddie and Ty visit MoveMakers Philly to prepare for their “Whenever You Feel Like it Summer Dance-off.” Prompt a discussion about the episode. Conversation starters might include:

- How does Ty feel about the dance-off and learning the dance at MoveMakers? Can you relate to how he feels? Think of a time when you felt this way.
- What are some things you notice about the type of dance Freddie and Ty learn in this episode? How is this style of dance the same or different from dances you’ve tried?
- How do Freddie and Ty put their own spin on the dance? How do they show their own style or personality as they move?
- What is a skill or talent that you have? Try to remember the first time you tried this skill and what it was like. What parts are still challenging to you? What have you done to improve?

**Lesson Activity**

**Teacher Prep:**
1. Make some space in your classroom so that students can dance along as they watch the episode.
2. Consider practicing the dance yourself ahead of time so that you can guide the students as they learn the steps.
3. Consider the different abilities in your class and be prepared to help students adapt the dance in a way that is comfortable and inclusive for them.

**Materials**
- Just the episode clip and some space to move!
**Instructions:**

- Share with students that dance is all about coordinating different parts of your body to the same beat and following patterns and rhythms. Start by practicing to keep an eight count, counting to eight as you and the class clap to the beat like they do in the episode.
- Queue up the part of the clip where Freddie and Ty learn the dance. Invite students to perform these dance steps as they watch:

  **Step 1:**
  Bend your arms so that your elbows are out to the side at chest level. Pump them up and down two times while at the same time extending your leg out twice to the beat. Switch legs on each count of two. Think of your legs and arms as connected—when your leg goes out, your arms go up!

  ![Step 1](image1)

  **Step 2:**
  Bend your knees and bounce your legs to the beat while slowly pumping, first at shoulder level then towards your belly. Switch arms and do the same thing on the other side as you bounce.

  ![Step 2](image2)

  **Step 3:**
  Pump your arms side to side with your elbows extended out. At the same time, jump away from the arm that’s moving. Watch the clip closely and notice that the arms follow a “singe, single, double” pattern.

  ![Step 3](image3)

  **Step 4:**
  Bend your elbows with your fists out in front of you and swing your arms back and forth, keeping your elbows bent. At the same time, step one foot out in front of the other. Bring your front leg up in time with your arms, then rock forward as you bring your front leg down again.

  ![Step 4](image4)

  **Step 5:** Put it all together! Practice, practice, practice. Once you have the combination down, add your own flair. How can you change the steps a bit to show your personality and make it your own?
Engage the class in a discussion about how it felt to learn a new dance. What steps were easiest and which were most challenging? What feelings came up for the students as they followed along? What surprised them most about learning the dance?

School-to-Home Connection
• Invite students to teach the dance to their families and friends outside of school. How is teaching a dance different from learning it?
• Ask students to create their own steps or combinations at home and invite them to perform them for the class.

Vocabulary

**Hip hop dance:** A style of fast-paced dance that originated from freestyle street dance set to hip hop music

**Rhythm:** The pattern and repetition a dance follows

**Eight count:** A way of breaking down dance moves to help stay on the beat

**Combination:** When several steps or movements of a dance are put together in a sequence
More about MoveMakers Philly
MoveMakers is a school for dance education in Philadelphia with an emphasis on hip hop. Classes at MoveMakers Philly focus on cultivating cultural appreciation for hip hop along with self-expression, creativity, leadership and community building. To learn more, visit movemakersphilly.com.

More Classroom Activities
Visit PBS LearningMedia for more lesson plans like this inspired by The Infinite Art Hunt.

Children’s Books with Related Themes
Check out these children’s books online or at your local library to continue exploring the concepts in this episode.

Feel the Beat: Dance Poems that Zing from Salsa to Swing by Marilyn Singer
A book of poems celebrating different genres of dance, with rhythms that reflect the beat of each dance’s steps.

I Got the Rhythm by Connie Schofield-Morrison
The rhythms and beats of the streets take over in this book about a little girl on the way to the park who can’t help but dance.