

# SPARK

## *“Dance for Non-Dancers”*

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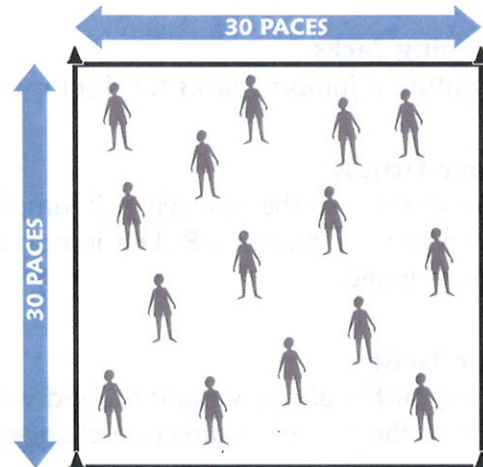


## Ready...

- Music: "5-6-7-8" (SPARK 3-6 Music CD, #7)
- Music player
- 4 cones (for boundaries)

## Set...

- Create large (30X30 paces) activity area.
- Scatter students in area.
- 5-6-7-8 Prompt Page (SPARK Instructional Media CD).



## GO!

1. The object is to perform a line dance using an "add-on" format.
2. On music, move throughout our area. When the music stops, find a partner.
3. This is your "Jumping" partner. Together, jump 4X and say "5,6,7,8" (4 counts).
4. On music, leave your partner, and move again. When music stops, find a new partner.
5. This is your "Grapevine" partner. Grapevine step R (step R, L behind, R, touch L) then Grapevine step L (step L, R behind, L, touch R) (8 counts).
6. Move on the music. When it stops, find a 3rd partner.
7. This is your "Skating" partner. Together, skate slowly by sliding R foot forward, then L foot forward, R foot forward, L foot forward (8 counts).
8. Move on the music. When it stops, find a 4th partner.
9. This is your "Hip" partner. Touch your R hip with R hand, L hip with L hand, R glute, L glute, clap 2X, "Raise the Roof" (push hands from shoulders to sky) 2X (8 counts).
10. Move on the music. When it stops, find a 5th partner.
11. This is your "Back-walking" partner. Together, backward-walk 4 steps, counting "1,2,3,4" (4 counts).
12. Now, we'll play the music, and combine all the steps. The music has a prelude, then on cue, "5,6,7,8," begin jumping.

### CUES

- ★ Find partners quickly.
- ★ Move to the beat.

**UNIT:** ADDITIONAL DANCE**AGES:** 8-14**OBJECTIVES**Rhythm, timing, cooperation,  
social skills, cultural awareness**EQUIPMENT**Music player and music: "Troika,"  
INTERNATIONAL FOLK DANCE MIXER  
Parachute

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-GROUP DAY-</u>		
<b>Troika</b> (with Parachute)	<ul style="list-style-type: none"> <li>-<u>Groups of 3</u>, facing counterclockwise in spoke fashion in dance area (20 X 20 paces).</li> <li>-Review dance from page 52.</li> <li>-Organize youth around outside edge of chute.</li> <li>-Youth will no longer be working in trio's, but will be either a "#1" or a "#2."</li> <li>-Remind youth to move to their right to keep the parachute taut.</li> <li>-Practice the movements <u>without</u> the music.</li> <li>-Practice with the music.</li> <li>-The movements are modified from the original dance.</li> </ul>	<ul style="list-style-type: none"> <li>-Let's review the Troika in our groups of 3 first.</li> <li>-You did an excellent job! Did you notice how aerobic this dance is?</li> <li>-We're ready to try this dance using the parachute!</li> <li>-Find a place on the chute; no more than 2 people sharing a panel.</li> <li>-With the chute, you won't be able to work in 3's, but you will still do most of the basic moves.</li> <li>-Count off 1, 2, 1, 2... all the way around the chute. Does everybody know their number?</li> <li>-Hold on to the chute with your L hand so you are facing counterclockwise.</li> <li>-Move to your R so the chute remains taut and waist high.</li> <li><u>Let's go over our modified moves:</u></li> <li><b>-Jog forward 12 steps.</b></li> <li><b>-Face center, hold chute with both hands, then inflate chute for 4 cts.</b></li> <li><b>-#1's let go of chute and jog around #2 on your L for 8 cts. while #2's hold chute extended overhead.</b></li> <li><b>-#2's let go of chute and jog around #1 on your L for 8 cts. while #1's hold chute extended overhead.</b></li> <li><b>-Everyone hold chute with both hands.</b></li> <li><b>-Grapevine L for 12 cts., stomp feet 4xs.</b></li> <li><b>-Grapevine R for 12 cts., stomp feet 4xs.</b></li> <li>-Repeat from the beginning.</li> </ul>

# TROIKA - PART 1

\* Jog 8 Steps Forward

\* Jog 8 Steps Backward

Tip: Work On Staying Together With Footwork

# TROIKA - PART 2

\*Middle And Left Side Partners Form  
An Arch

\*Right Side Person Moves Under Arch  
And Back Into Original Place On An  
& Count

# TROIKA - PART 3

\*All 3 Join Hands And Jog In A Small Circle Clockwise

For 12 Counts

\*Stomp Feet 3 Times (Right, Left, Right) Pause 1 Count

\*Join Hands And Jog In Small Circle Counter Clockwise

For 12 Counts

\*Stomp Feet 3 Times, Pause For 1 Count