2013 VAHPERD Convention

Moving to the Beat
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2011 NASPE National Elementary Teacher of the Year
www.PERocks.com
www.YouTube.com/noodlegames

Ice Cream and Cake by Chip-man and the Buckwheat Boyz
http://www.youtube.com/user/NoodleGames?blend=1&ob=5#p/u/0/HTRUAcey4x8

***Keep feet moving the whole time, small body rock foot to foot 😊

“Ice cream” Hands up like antlers
“Cake” Hands down near belt, fingers down
“slip & slide” Two steps to the right, two steps to the left, two steps to the right
“stop” Freeze and put hand out in front, palm forward
“.slip & slide” Act like you’re driving a truck with one hand, keep moving on feet, 2R, 2L, 2R
“pause” Freeze w/ both hands out in front

REPEAT “ICE CREAM AND CAKE” PART

“who..?” Legs apart, one arm out to side like asking a question, head wiggle, other side, both arms up facing front
“all the kids” Grab your shirt at chest and pull forward

REPEAT “ICE CREAM AND CAKE” PART

“slip & slide” Two steps to the right, two steps to the left, two steps to the right
“stop” Freeze and put hand out in front, palm forward
“.slip & slide” Act like you’re driving a truck with one hand, keep moving on feet, 2R, 2L, 2R
“pause” Freeze w/ both hands out in front

REPEAT “ICE CREAM AND CAKE” PART
Face the side, arms crossed on chest, point at camera!

Peanut Butter and Jelly (short version)
From Chip Candy

“Where he at” x4 – Hand over eyes like you are looking for something
“Der he go” x 4 – point in the air in any direction to the beat
“Peanut Butter and Jelly” slow x 4 – flip flop hands like spreadin jelly on bread
“Peanut Butter and Jelly” fast x 3 – flip flop hands double time,
“With a baseball bat” – swing like you are hitting a baseball with a bat
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“Break it down and freeze” x 4 – freestyle and freeze on the last 2 beats
“Where he at” x4 – Hand over eyes like you are looking for something
“Der he go” x 4 – point in the air in any direction to the beat
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“Tic-Tac-Toe” x 4 – jump and cross feet then jump and uncross them
Where he at” x 4 – Hand over eyes like you are looking for something
“Der he go” x 4 – point in the air in any direction to the beat
“Peanut Butter and Jelly” slow x 4 – flip flop hands like spreading jelly on bread
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“Freestyle-Freestyle” x 4 – freestyle
Where he at” x 4 – Hand over eyes like you are looking for something
“Der he go” x 4 – point in the air in any direction to the beat

**Magic by B.o.B (featuring Rivers Cuomo)**
http://www.youtube.com/watch?v=0YP1ihsWiQ

Start on “Magic”
MAGIC sequence:
Grapevine w/ magic hands (double jazz hands) RL
Grapevine with blade arms over “away” shoulder RL
Turn tables 4R, 4L
Lawnmowers w/ step back (RL), walk forward 4 counts w/ rolling arms
(ALL THIS IS 32 counts)

JUMP sequence (during rap):
Jump straddle, jump together 4x (8 counts)
One foot in front, rocking jump forward and back (8 counts)
Fist pumps 4R, 4L (8 counts)
Scissor jumps (one foot forward, switch) (8 counts)

THE DANCE:
MAGIC sequence 3x
JUMP sequence 3x
MAGIC sequence 3x
JUMP sequence 3x
MAGIC sequence 3x
Jump up on “me” with hands up in a big V

**Thriller by Michael Jackson**
from JD Hughes
http://www.youtube.com/watch?v=5sKCIxrpdxg

At beginning, lie down on ground and slowly stretch up while music starts.........................
Shimmy low w/ legs wide, clap over head (RL)
Wolf hands toward right, step touch 2x to right, turn wolf hands LRL, hold; REPEAT to left
Deal cards to R 4x, to L 4x
Swim forward, leading with R leg 2x, with L leg 2x
4 count zombie turn (hands on knees, pivot on one foot)
8 small zombie steps back to home
4 count zombie turn (hands on knees, pivot on one foot)

DO THIS SEQUENCE FIVE TIMES 😊
JINGLE BELLS!
from Jim Ross

http://www.youtube.com/watch?v=Tq4HglUwsxE

March in place to start, raise the roof, jump side to side, etc….
Start on “jingle bells”

Step touch to R 2x, to L 2x
Repeat with body turned sideways, lead w/ R leg
Balance on R leg (“wheeeeee!”), then L leg (“wheeeeeee!”)
Point to the R with L hand, to the L with R hand; shrug hands to side (“I don’t know!”), then arms up and down over head
Turn in CCW circle slapping thighs to make horse sound, then CCW (16 counts)
Shake your jingle bells or say “ring ring ring” 4x (up to R, up to L, down to R, down to L)

Do this 5x, until song is almost over!

Let’s Go (by Calvin Harris)

http://www.youtube.com/watch?v=ddirAgx0jLo&feature=share&list=UUguswIRYHaPGsNvVS3bfZ0w

There are four basic moves;
1) Fist pump right x 4, fist pump left x 4
2) Cross Crawls (opposite elbow opposite knees) x 4
3) 4-count Knee to Elbow Squat
4) Jumping Jacks x 4

Drum Sequence (make a quarter turn and march in place for each 8-count)
1) 8-count march
2) 8-count march
3) double time march
4) crazy feet march (fast as you can go)

Pattern for dance (repeat each of the basic moves the number of times below during each section of the song)
1) Basic Pattern x 2
2) Drum/March
3) Basic Pattern x 4
4) Drum/March
5) Basic Pattern x 3
6) Drum/March
7) Basic Pattern x 2

GREEN EGGS & HAM
from Mary Driemeyer


Part 1 –
Crab Push-ups x4
Crab Kicks x4
Crab Push-ups x4
Part 2 –
Elbow Plank
REPEAT Part 1 & 2 alternating until the end of the song


Part 1 -
Push-Ups x4
Push-up Jacks x4
Push-Ups x4
Part 2 -
Twisting Abs (sit on bottom with feet in the air twisting from side to side)
REPEAT Part 1 & 2 alternating until the end of the song
### YOU CAN’T TOUCH THIS
*by McHammer*

- Rock step, pump fist, rock step, pump fist x 4
- Robo Cop x 4
- Freebird (high hands x4, flap the wings x 4) x 2
- Cabbage Patch x 4

**REPEAT**

- Fast feet to rt x 8, fast feet to lt x8 **REPEAT**
- Rock step, pump fist, rock step, pump fist x 4
- Robo Cop x 4
- Freebird (high hands x4, flap the wings x 4) x 2
- Cabbage Patch x 4

**REPEAT**

### WHAT DOES THE FOX SAY
*by Ylvis*

- Fox Stalk – 8 count to the right
- 4 point turn (8 count)
- Fox Stalk – 8 count to the left
- 4 point turn (8 count)

**What does the Fox say?**

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<tr>
<td>Silly Fox Walk (forward 4 count)</td>
<td>Charlie Brown x 12</td>
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<td>Jump feet out, place hands behind back</td>
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<td>Quick hands down (3 count), quick hands high (1 count)</td>
<td>Fox turn and growl (4 count to the right)</td>
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- Fox Stalk – 8 count to the right
- 4 point turn (8 count)
- Fox Stalk – 8 count to the left
- 4 point turn (8 count)

**Horse Time**

- Pony ride x 8
- Lasso Turn x 8
- Pony ride x 8
- Lasso Turn x 8

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- Fox Stalk – 8 count to the left
- 4 point turn (8 count)

Find a partner

2 growls over the partner’s right shoulder, 2 growls over the partner’s left, wave hands in the air 4 times side to side
REPEAT until the music ends