

MODERN DANCE FOR FOURTH GRADE

The modern dance combination included here is an example of what 4th graders are capable of learning and performing in a modern dance class. It can be broken into smaller parts and taught in more than one lesson. It can be performed as a class or in smaller groups of students. Although it can be done in 4/4 rhythm, it is best done in 3/4 rhythm as it uses weight shifts, suspensions and fall and recovery.

SUGGESTED MUSIC

dancemusicresource.weebly.com

Morning Relaxing Music-Positive Background Music for Kids (Sway) by OCB Relax Music;
YouTube

Panda Panda! Cherry Blossoms CD

Cherry Blossoms

Awaken Me

MEM to PDX

Bamboo Forest

The Gene Sequence by Barclay Crenshaw

Contemporary Dance Music by Rafa Navarro

Beginning shape: Stand facing the front, feet together and arms down

Slide R foot forward to weight shift forward (wall 5), arms come up front overhead, with palms facing front, torso and head lean back slightly to suspend on 1-3 cts. R foot slides back and arms come down to sides to return to standing position 4-6 cts.

Slide L foot front forward to repeat the same weight shift and suspend, returning to standing on 1-6 cts.

Arms come forward and up to overhead 1-3 cts. Arms lower down to sides 4-6 cts. Teacher or the students can choreograph the shape of these arm movements, for example, arms lift in 1st position and open from 5th position, or arms lift straight up and open out with palms up, etc. Slide R foot to side to shift weight to side while lifting R arm to 2nd position, palm down, on 1-3 cts. Slide R foot back to place next to L foot, lower R arm down to side on 4-6 cts.

Reverse above on 1-6 cts.

Three step turn to the R on the R foot with arms down on 1-3 cts. Shift weight to R foot and point L foot while raising R arm to 2nd position, look to the R hand on 4-6 cts.

Reverse above on 1-6 cts.

Put the R foot down to pivot to R to face wall 8, feet together, arms lift to front of body even with shoulders, hands can be straight or flexed on 1-3 cts. Hold 4-6 cts.

NDS National Dance Education Standards Framework

Stand 1. Standard 1.1 Teacher Resource NDS Standards in Action Lesson Plan Program

Swing hands in front of body to cross R over L on 1-3 cts. Swing arms back out to second on 4-6 cts. If teacher and students wish, the torso can swing the opposite direction of the hand that crosses over and return to center when the arms swing back out to second.

Repeat hand crossing with L over the R on 1-3 cts and repeat above on 4-6 cts.

Swing arms in front of body to cross hands R over L while jumping and pivoting to the L to land in a wide parallel facing front (wall 5), on 1-3 cts. Swing arms out to second, feet stay the same on 4-6 cts.

Push arms down to sides to in a jerky motion that ends with arms all the way down. R arms starts on 1 ct, L on 2 ct, R on 3 ct, L on 4 ct, R on 5 ct and L on 6 ct.

Swing arms to R and up overhead and down to L on 1-3 cts, feet relevé and legs straighten on 1 ct, heels lower and knees bend on 2-3 cts, arms continue to swing R and stay at low level under shoulders, shift weight to R foot on 4-6 cts.

Reverse above on 1-6 cts.

Repeat to R on 1-6 cts.

Place L foot behind R to slide L leg behind and down to lower to floor, L hand places on floor for support on 1-3 cts. Sit facing wall 8, feet on floor and knees bent, arms at sides on 3-4 cts.

End Shape: Students create their own shape to freeze in for the finish of the combination.