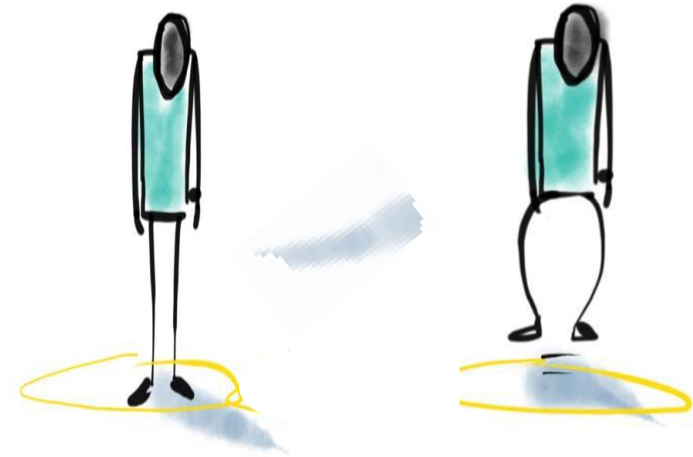


how to set up:

- Create a safe space in your home by moving chairs and tables to the side.
- The song you need for this dance is Waka Waka K-mix version. You can download this track on most music and streaming sites, for example Spotify, I-Tunes, Amazon.

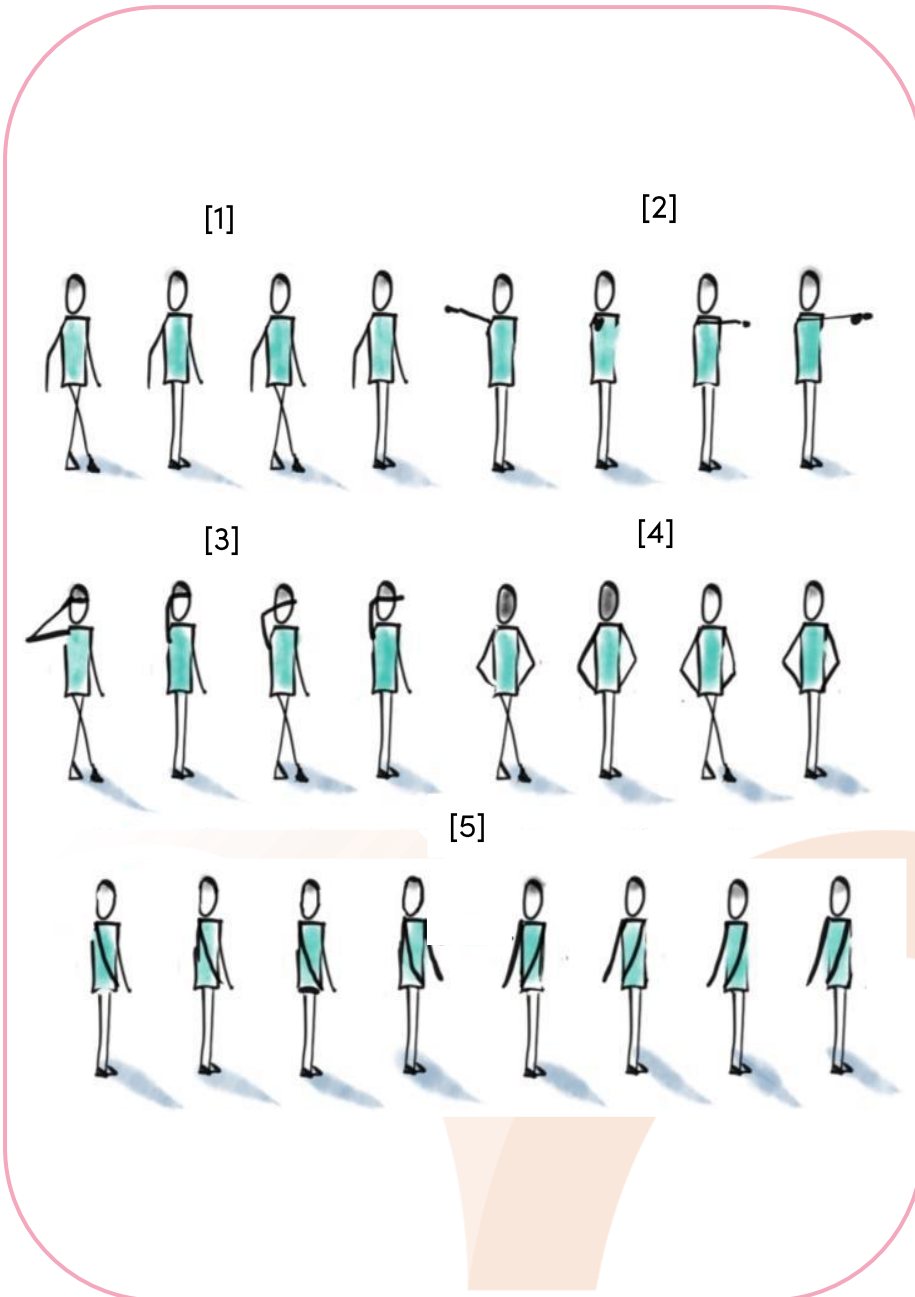
equipment:

- Speaker/ device to play music.



how to play:

- Spend a little time listening to the music to find the beat. The dance will be performed to a count of 8.
- The opening section of the dance covers (0.00 – 0.08) of the track.
- Start with your feet together, head down and arms down by your side.
- On the first beat start performing small jumps on the spot for 2 sets of 8 beats.



how to play:

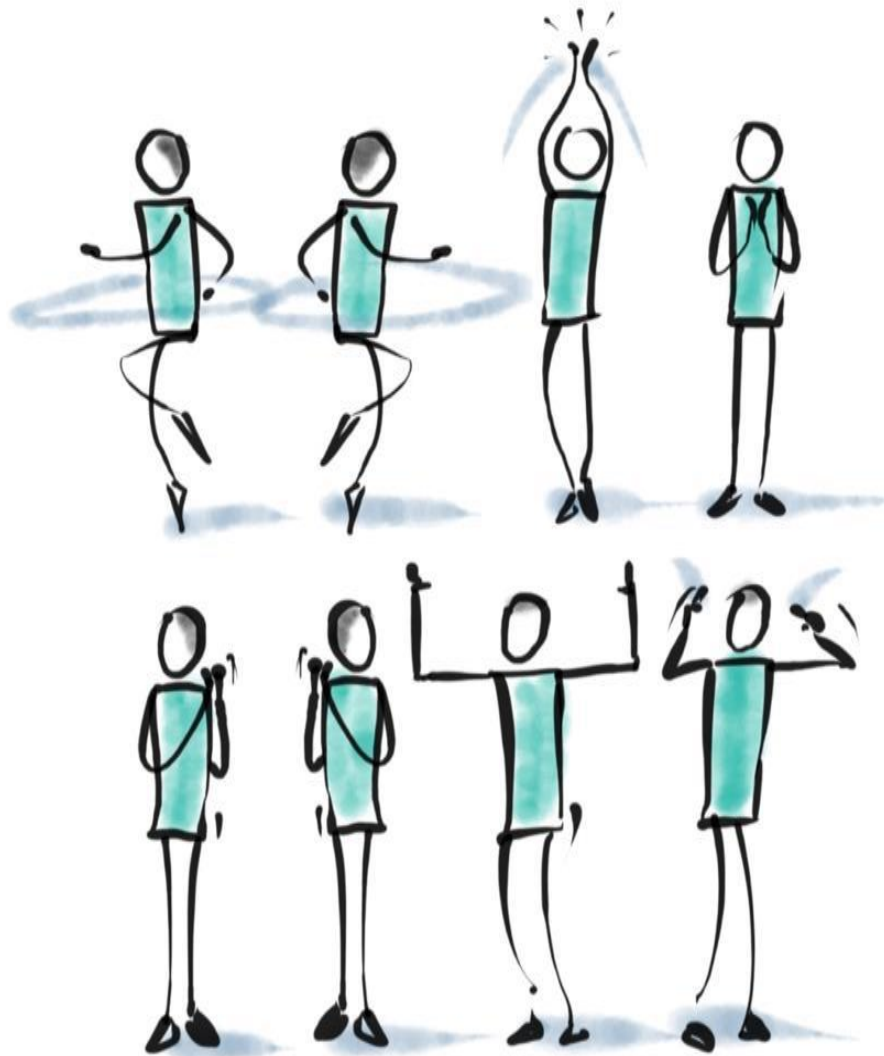
- This next section covers (0.08 – 0.34) of the track (Waka Waka K-mix.)

When the lyrics start:

- [1] Perform a box step taking small steps:
 - Step forward with your right foot first followed by your left foot.
 - Take a small step back (to original spot) right foot first followed by your left)
- This process will be completed 4 times.
- It is encouraged to bounce and take steps with 'attitude'.
- [2] On the lyrics 'You're on the front line' point your finger and shimmy your right arm straight across your body from left to right (count of 4)
- [3] On the lyrics 'everyone is watching' place your right hand above your eyes 'looking' across from the right to the left this needs to be like you are 'looking out to sea' (count of 4).
- Place your hands, pointing outwards, on your hips.
- [4] Next count 4 beats and spin to the left, stepping round for every beat, followed by 4 beats spin/steps to the right.
- You should be back to original position, facing the front.
- [5] Facing the front keeping arms straight and together swing arms over from right hip to your left hip for 2 x 8 beats. Bring arms back over and around for a count of 8.

Please consider individual pupil requirements and carry out a risk assessment of facilities and equipment before your lesson.

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how to play:

- This next section covers (0.34 - 0.45) of the track.
- This part of the dance is the chorus.
- Perform a 360° jump spin (4 count) followed by a clap of your hands above your head. Leaving your hands together (Prayer position) lower them to in front of your chest (4 count).
- Stand tall with your feet together - hands in a praying position and head looking forwards.
- Keeping hands together, tapping left shoulder x2 followed by your right shoulder x2 back to your left x2 (1 tap per beat)
- On the lyrics 'HEY HEY' arms are placed at a 90° angle - jab your arms back towards your shoulders.
- Repeat the same routine above...
 - Can you try bounce on the spot or move your body when performing the above movements to show energy in your performance?