

LITTLE ACORNS PRESCHOOL DANCE HALLOWEEN STREET DANCE LESSON PLAN

TRACK NUMBER	TRACK LENGTH	TRACK NAME	ACTIVITY	POSITION	PROP	DESCRIPTION
1	00:05:57	Thriller	Warm Up	Standing	/	Normal standing limber/aerobic warm up
	(Continued)	(As Above)	Warm Up	Seated		Point & flex activity (blow kisses, sign 'naughty toes' etc). Rock with soles of feet together, head forward to 'smell toes' then 'boo' back up. Legs into wide 2nd, walk hands forward then stretch right up.
2	00:02:20	Round the Twist	Make A Shape	Seated	/	Hug your knees in to make you really small then grow into a big shape before going back into your small shape. "small as a mouse, big as a house!" etc
	(Continued)	(As Above)	Seated Leg Kicks	Seated	/	Bend your knees with feet flat on floor, lean back into your hands. Alternating legs. Point your toes. 8 kicks slowly, 8 kicks normal speed then 16 fast "splashing toes" Repeated several times to use music.
3	00:01:09	Jack in the Box	Action Song	Crouched	/	Follow the words of the song
4	00:03:38	The Spell	Bouncing Shapes	Active	/	Crouch down on the floor in a little ball, 4 little bounces on the ball of your feet, Spring up into a shape e.g. wide or tall, Roll your body down to start again
	(Continued)	(As Above)	Jumping Jacks & Crazy Claps	Standing	/	For DTs less able PPs keep this straight; if you're feeling adventurous try the (*) suggestion! Feet together, tall straight back 4 jumping jacks (8 counts) 16 fast claps (8 counts) (*turning to face each compass point or keep it straight)
	(Continued)	(As Above)	Walk This Way	Forwards & Back	/	4 walks forward, 2 hip bumps R, 2 hip bumps L (8 counts) Turn to the R & walk forward 4 steps, Turn & walk back to where you started; finish facing the front (8 counts) Repeat turning to the L instead of R
5	00:01:35	Halloween Shark	Action Song	Standing	/	Follow the words of the song.
6	00:04:05	Ghostbusters Theme	Travelling	End to End	/	Tip toe walks, tip toe runs, combi of the two, Gallops forwards/sideways with or without partner/grownup. As appropriate with the group
7	00:03:57	Somebodys Watching Me	Skips (or for DT; working towards Skips)	All Around The Room	/	Skips travelling round the room, lifting knees high & pointing toes. Hands on hips. For DT class: Marches first, then hops, if some are able got to stage 3 where the parent faces and draws little one towards them as they 'skip' i.e. hop on one leg as grown pulls them forwards to travel the 'skip'.
8	(Continued)	(As Above)	Giving Props Out	Standing	Ribbons	Instrumental to get props out & give to each participant before prop track starts.
9	00:03:14	Monster Mash	Free Expressive Movement to Music	All Around The Room	Ribbons	One per child. Teacher 'leads' suggestions: turning high, turning low, snakes along the ground, circles in front of you, circles at the side etc - as well as letting them try their own shapes and patterns doing 'anything you like'.
10	00:00:30	Reverence - Happy Halloween!	Getting Props Back In	Standing	Ribbons	Instrumental to get props back in & put away before next track starts.
11	00:02:21	Black Magic	Street Dance	Standing	/	Either led as a 'follow me' (as this is a longer lesson) or taking a couple of mins just to break down the main choreo if you managed to get the lesson underway nice and quickly. See below for suggested choreo or freestyle it with your own!!
12	00:02:13	Halloween Freeze Dance	Action Song	Standing	/	Hips side to side at the start of the song. Follow the words of the song
13	00:01:30	Mexican Bean Bag Song	Action Song	Standing	Bean Bags	Bean Bags (Give out during spoken into to song - get back in at the start of the bubbles track)
14	00:03:58	Disturbia	Bubbles	All Around The Room	Bubbles	Pop the bubbles!
15	00:01:23	Adams Family Theme Song	Stickers	Sitting	Stickers	See you next time!
PLAYLIST LENGTH:	00:41:55					



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Little Mix - Black Magic Choreography

VERSE: 2x through

Starting Position: Hands on hips

2 side steps R, Heel dig R, L (8 counts)

2 side steps L, Heel dig L, R (8 counts)

R arm extend forwards and out to side, L arm extend forwards and out to side (8 counts)

R arm up, L arm up, shake hands & lower down in front (8 counts)

BRIDGE:

R hand to knee, bending forwards L hand to knee (4 counts)

4 knee bounces (4 counts)

CHORUS: 2x through

8x Jumps with feet together & alternating arm punches overhead (8 counts)

Turn to the R (step-turn-step), 4 knee bounces (8 counts)

Turn to the L (step-turn-step), 4 knee bounces (8 counts)

2x Jumps in 1st, jump out to 2nd, hold, Repeat (8 counts)

MIDDLE 8:

R arm up, L arm up, R down, L down (4 counts)

2 bounces (arms on the R popping up) then 2 more bounces (arms on the L popping up) (4 counts)

Repeat (8 counts)

R arm out, L arm out, R arm in, L arm in (4 counts)

2 bounces (arms on the R popping up) then 2 more bounces (arms on the L popping up) (4 counts)

Repeat (8 counts)

