



Australian Government  
Australian Sports Commission



# Line dance

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Players perform a dance sequence incorporating different body actions, movements, directions to music.

## What you need

- > Music player and rhythmic music (e.g. in 4/4 time)

## What to do

### SETTING UP:

- > Players form a line (or several rows) across the room.

### PLAYING:

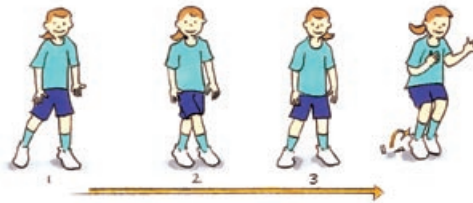
- > Create a 16-count line dance.
- > Count 1, 2, 3 walking forward, and on 4 jump with 2 feet together.
- > Repeat walking backwards.



- > On 1, step to the right, on 2 step with the left foot across in front of the right foot, on 3 step right with the right foot, and on 4 jump with 2 feet together.



- > Repeat to the left.



- > Repeat to the right and again to the left.
- > Count 1, 2, 3 walking backwards and jump together on 4. Repeat walking forwards.



- > Clap 4 times and sway the right side of the body.
- > Clap 4 times at the centre of the body.
- > Clap 4 times and sway the left side of the body.
- > Clap 4 times at the centre of the body.
- > Repeat the pattern from the beginning.



## Change it

- > Have players walking on the spot instead of stepping.
- > Add an extra movement e.g. foot slapping.
- > Have groups make up their own sequence.

## Safety

- > Check there is enough space between players.

## Ask the players

- > What is the best way to practise a movement sequence?
- > What other movements can you add to improve the dance?

## LESSON LINK

Line dance is an activity that encourages locomotive rhythm recall.

SESSION PLANS

Compos > Start Out MV 02B + Get Into It MV 15A + Get Into It MV 16A