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**The Hip Hop Virginia Reel**

Movement Ideas for Inspiration

Use music popular with students. The authors suggest “Good Feeling” by Flo Rida. [[iTunes Link](https://itunes.apple.com/us/album/good-feeling/id613867183?i=613867349)]

Students will create their own 8-count choreography. It should consist of 4 counts to meet in the middle and 4 counts to get back to their lines. Give students movement examples and encourage them to be as creative as they are. Everyone’s ideas and creative movements are good ones. Encourage, don’t discourage.

**As a caller:**

* Be confident, loud and clear.
* If you lose the beat, take time to find it again before you continue.
* Count out loud to start: 1-2-3-4-5-6-7-8 (students should be moving toward their partner on 1-2-3-4 and back to their lines on 5-6-7-8)
* Use the 7th and 8th counts to call out the next movement: e.g., “1-2-3-4-5-6, Allemande (7th count), Left (8th count)”

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| **Movement Idea** | **Description** |
| The Dab | Walk 4 steps to the middle and “Dab” on the 4th count. Walk backwards 4 steps and “Dab” on the 8th count. |
| The Football Dash | Pretend to charge forward with 1 arm held out like the Heisman Trophys for 4 counts. On the 4th count, pretend to get knocked back and stumble backwards to your starting line for 4 counts. |
| The Grapevine | Turn sideways. Step R foot, step L foot behind R, step R foot, tap L foot in. Then reverse: Step L foot, step R foot behind L, step L foot, tap R foot in. |
| The Tornado | Spin slowly toward the center for 3 counts. On the 4th count, spin around your partner. Spin back to your starting line during the remaining 4 counts. |
| Show Me the Money | Place your hands together above your head. Pretend you have a stack of money in your bottom hand that your top hand is sliding out into the air. As you do this, walk 4 steps to the middle. Then reach your hands low and pretend to collect the money as you walk backwards 4 steps. |