

ACTIVITY CARD

The Hip Hop Virginia Reel

Movement Ideas for Inspiration

Use music popular with students. The authors suggest “Good Feeling” by Flo Rida. [[iTunes Link](#)]

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)”

Movement Idea	Description
The Dab	Walk 4 steps to the middle and “Dab” on the 4 th count. Walk backwards 4 steps and “Dab” on the 8 th count.
The Football Dash	Pretend to charge forward with 1 arm held out like the Heisman Trophys for 4 counts. On the 4 th 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 4 th 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.