2010 ArkAHPERD Dances

Fire Burning by Sean Kingston (itunes 4:03)

* Have two lines facing each other

1-4 Step-behind-step-together R

5-8 Knees out/in with hands rolling out/in

1-4 Step-behind-step-together L

5-8 Knees out/in with hands rolling out/in

1-8 Squat and gallop, Repeat

1-4 Jump wide, Jump X, turn facing back

5-8 Fist pumps on beat

Tapp by 3OH!3 (itunes 1:01)

* Divide students into groups

1-4 Stomp R, R arm to left knee up, Stomp L, L arm to right knee up

5-8 Stomp R, Stomp L, Clap Front-Back-Front

1-4 Stomp R, Clap under L knee up, Stomp L, Clap under R knee up

5-8 Pivot turn with R stomps 5-6-7 Clap, slap the ground or knees