**(1)Dance - Cupid Shuffle**  
Song - Cupid Shuffle (Radio Version)  
Artist - Cupid  
   
1-8 Grapevine to the right  
1-8 Grapevine to the left  
1-8 - 1 kick right foot, 2 feet together, 3 kick left foot, 4 feet together, 5 kick right foot, 6 feet together, 7 kick left foot, 8 feet together  
1-8 1/4 to the left while "walking it out"(pretty much doing the twist as you turn)  
   
Repeat all 8 counts through the rest of the song.  
   
**(2)Dance - Gitchee Gitchee Goo**  
Song - Gitchee Gitchee Goo  
Artist - Phineas and the Ferbtones  
Album - Disney Channel Playlist  
   
Clap or free dance for the 1st four 8 counts of the music  
  
1-8 grapevine/side step to right  
1-8 grapevine/side step to left  
1-8  - 1 step right, 2 clap high on right, 3 step left, 4 clap high on left, 5 step right, 6 clap low on right, 7 step left, 8 clap low on left.  
1-8 wiggle and turn a 1/4 turn to the left  
   
Repeat all 8 counts through the rest of the song - - -at one point in the song you have to do the wiggle and turn for more than 8 counts; it just goes with the music.  
   
**(3)Dance - Lip gloss**  
Song - Lip gloss   
Artist - Lil Mama  
Album - Lip gloss – Single

Clap or free dance for the 1st four 8 counts of the music  
   
1-8 March forward - 1 Right, 2 Left, 3 Right, & Left 4 Right, 5 left, 6 right, 7 left, & right, 8 left  
   
1-8 lean & move your legs (body should be low and follow your legs, each time you move from one side to the other bring the arm on the side you are moving into a kind of loose checkmark form) 1 right, 2 left, 3 right, 4 right. 5 left, 6 right, 7 left, 8 left  
   
1-8 - 1&2 stand up, lean back to the right w/hands rolling to top left, 3 & 4 lean forward to the left w/ hands rolling to bottom left, 5 & 6 stand up and lean back to the left w/hands rolling to top right 7 & 8 lean forward to the right w/ hands rolling to bottom right  
   
1-8 freestyle dance w/ a 1/4 turn to the left  
 Repeat all 8 counts all the way throughout the song  
**(4)Dance - Burnin' Up**  
Song - Burnin' Up  
Artist - Jonas Brothers  
Album - Radio Disney Jams 11  
   
1-4 Grapevine to Right  
5-8 Grapevine to Left  
1-2 lean to right & fan w/ right hand, left hand on hip  
3-4 lean to left & fan w/ left hand, right hand on hip  
5-6 lean right, clean it off up high to left with both hands  
7-8 lean left, clean it off up high to right with both hands  
1-2 slide to the right  
3-4 raise the roof to right  
5-6 slide to the left  
7-8 raise the roof to the left  
1-2 rock back on right foot, tap left heel forward  
3-4 rock forward on left foot, tap right toe behind  
5-6 rock back on right foot, tap left heel forward  
7-8 1/4 to right , turning on left foot and bring right foot around, make a kind of whirlwind motion with your hands above your head as you turn.  
   
Repeat all steps throughout song.

**(5)Dance – Baby**  
Song – Baby  
Artist – Justin Bieber Featuring Ludacris  
Album – My World 2.0

Hold 1st four 8 counts of the song

1-4 Step to the right making big arm circles/fans on 1-2 and 3-4  
5-8 Step to the left making big arm circles/fans on 5-6 and 7-8  
1-2 Turn upper body to R, arms straight in front of you at chest level crossed at wrist  
& 3 Clean arms down to side and shuffle feet forward or just do the arm clean  
4 Face forward and clap hands at chest level  
5-6 Turn upper body to L, arms straight in front of you at chest level crossed at wrist  
& 7 Clean arms down to side and shuffle feet forward or just do the arm clean  
8 Face forward and clap hands at chest level  
1-4 Jump to the right on 1-2 clap up high on 3 and 4  
5-8 Jump to the left on 5-6 clap up high on 7 and 8  
1-4 Tap right foot forward 1 tap back 2, Tap left foot forward 3 tap back 4  
5-6 Step forward w/ right foot on 5, ¼ to the left on 6  
7-8 clean hands to side on 7, clap hands in front of you at chest level on 8

Repeat all steps throughout the rest of the song

**(6) Dance – Peanut Butter Jelly Time**  
Song – Peanut Butter Jelly Time  
Artist – Buckwheat Boys  
Album - ? – I downloaded the song from iTunes

This dance is pretty much a free for all with a few basic moves, take a few simple ideas and make the dance your own.

“Where you at, where you at” – look around the room or hold your hands up to the side like you are saying “where are you” or “what?”

“There you go, there you go” – point around the room dramatically to the beat  
  
“Peanut Butter Jelly, Peanut Butter Jelly”(Slower cadence) – Arms up high moving arms back and forth putting fist to elbow making an “L”, then down low doing the same thing

“Peanut Butter Jelly, Peanut Butter Jelly, Peanut Butter Jelly and a Baseball Bat” (Fast cadence) – Jump feet apart and go down into a squat - - chop hand to right, then left, then right super fast - - on baseball bat act like you are swinging a baseball bat.

When the song says break it down and freeze you do the twist or some other dance move to go lower to the ground and freeze when it says freeze  
  
When the song says Freestyle now Freestyle you freestyle dance  
   
 Repeat the different motions throughout the song

**I hope this helps you! If you have any questions feel free to email me at** [**lindsayrene@hotmail.com**](mailto:lindsayrene@hotmail.com)**. Please include in your subject line something concerning TAHPERD Dances in case your email goes to my junk section so I do not delete it on accident.**

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