

5-6-7-8

This movement activity incorporates music and is a great way for large groups to meet and talk.

General directions: When the music starts - use different movements around the room. When the music stops, introduce yourself to a new person & share. You must find a different partner each time the music is turned off!

Part ONE: meet 5 partners

Start 1st song & motion.

Sample music /motion: Beach Boys, "Fun, Fun, Fun" / "the swim"

Music stops-1st partner introduction

Sample share: your first car or your dream car

Action: Say 5-6-7-8 and Jump in place 4 times.

Start 2nd song & motion.

Sample music & motion: Cheryl Lynn, "Got To Be Real" / "disco strut"

Music stops-2nd partner introduction

Sample share: a memory of a favorite teacher or favorite teaching memory

Action: Grapevine right-Grapevine left

Start 3rd song & motion.

Sample music & motion: Willie Nelson, "On the Road Again" / "saunter"

Music stops-3rd partner introduction

Sample share: favorite vacation or dream vacation

Action: Right slide front-left slide front, right slide front, left slide front
or two step right, two step left ("challenge by choice")

Start 4th song & motion.

Sample music & motion: The Go-Go's, "We Got the Beat" / "80's bounce-step"

Music stops- 4th partner introduction

Sample share: Favorite book or movie

Action: Slap thighs 2 times, clap two times and raise the roof
(raise the roof = raising hands into the air four times).

Start 5th song & motion

Sample music & motion: Barry Manilow, "Copacabana" / "Cha Cha"

Music stops-5th partner introduction

Sample share: a gift on your wish list

Action: Four steps backwards starting with your right leg, counting 1-2-3-4.

Part TWO: re-meet your 5 partners

Now call for participants to find partner 1 and do that motion, find partner 2 and do that motion, etc., until they have practiced at least once with each partner.

Part THREE: Dance!

- A. Perform the line dance by putting all the actions together in order.
- B. Perform line dance with the music: "5-6-7-8" from CD Best of the Steps (available on iTunes)