



Fantasy Theatre Factory
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Fantasy Theatre Factory

Presents



Dance Factory

Teacher Guidelines

All Fantasy Theatre Factory Guideline incorporate and support Florida Sunshine State Standards.

We like to MOVE IT, MOVE IT in this totally interactive, fun Dance Factory Show! Kids and adults of all ages will experience a highly customized, energized dance show that includes group participation and movement themed songs. It's a stage show that has the audience dancing in their seats.

Geared for school and family fun nights, we bring the party to you. FTF's Dance Factory hosts teach simple group dance steps that get the audience up and dancing to popular and current music, a well as some oldies-but-goodies too! We provide the music, props, and everything else you need to have a fabulous time.

Dance Factory promotes fitness with high energy, heart-rate raising activities. But don't tell your audience that; they're too busy having fun together!

*Excellent for **Grades Pre K-6** and family audiences. Perfect for camps and afterschool programs.*



Most of the dances in the show are group dances, or what most people traditionally recognize as line dancing. A dance partner is not required and everyone does the same steps, which are repeated. You'll be an expert by the end of the song! The following is taken from www.h2g2.com:

What Is Line Dancing?

Line dancing is performed by a number of people all facing in the same direction and moving in lines. Everybody in the line does the same steps. A line dance consists of a sequence of steps repeated several times to a particular piece of music. Line dances are defined by three things: level of difficulty, walls and count.

- **Level of difficulty** is divided into beginner (simple dance, easy to learn), intermediate (getting harder, but without many tricky steps, even though the music may be fast) or advanced (tricky steps and/or fast music).
- **Walls** are a requirement. You always turn or do part of a turn during a line dance sequence. The number of 'walls' tells you how many sequences you do before you end up facing in the original direction. It may give you an indication of how far you turn during each sequence, but this is by no means a hard-and-fast rule. 'Walls' will always be one, two or four.
- **Count** is the number of beats one sequence of the dance runs over. The count will usually be a multiple of eight or 16. Common counts are 16, 32, 40 and 48. Occasionally you will find a line dance with a count that's a multiple of four or two, but these are less common. Generally speaking, the higher the count the more difficult the dance is likely to be, as there will be more steps to remember.

Why Line Dance?

It's a widely recognized fact that exercise is good for you. It can increase your lifespan and it makes you feel good. Line dancing has the advantage of being a very social form of exercise, so you can meet people and make new friends while exercising. It's also a lot of fun.

Another advantage of line dancing is that you don't need a partner and you don't feel out of place if you're not dancing with somebody. You could say that at a line dance you're dancing with everybody! It's OK to go to a line dance and just dance on your own, but you will often end up chatting with some of the like-minded people you'll meet there.

Basic Steps (vocabulary)

The best way to learn how to line dance is to find a class. Some venues have callers, so you may be able to pick it up as you go along. Here are some of the basic steps, so that you'll know what they're talking about.

- **Cross** - Step one foot in front of the other. Your legs will end up crossed, typically at about knee level.
- **Rock** - Step with one foot, moving your weight onto it without completely taking it off the other foot. You can rock forward, back or to the side.
- **Scuff** - Step forward, scuffing the ground with your foot as you move it forward.

- **Stomp** - Stamp your foot fairly hard.
- **Grapevine ('Vine)** - A sideways movement to right or left. A right 'vine is: step to the right, step your left foot behind your right foot, step to the right again. What comes next depends on the dance.
- **Weave (Extended 'Vine)** - Another sideways movement to the right or left, but going further than a 'vine. A right weave is: step to the right, step left behind right, step to the right, step left in front of right, step to the right... for as long as is needed. Usually no more than eight beats.
- **Pivot turn** - For example, a left pivot turn is done by stepping forward with your right foot, then swivelling to the left on your toes. Pivot turns are typically half or quarter-turns.
- **Unwind** - Before an unwind, your legs are *always* crossed. The 'unwind' is a turn that undoes the cross. So if you've stepped your right foot over your left and then 'unwind', you'll do a half-turn to the left, unwinding the cross-over. It's that simple.

Some websites have glossaries of steps, so a web search may help you to find more information.

Dance Floor Etiquette

Most of the following tips apply to any kind of dancing, but it's worth mentioning them:

- Don't eat or drink on the dance floor. You'll only spill it and *nobody* wants to dance through *that!*
- Don't stand talking on the dance floor once the music has started.
- Don't hog the floor. You need a certain amount of space, but everybody's moving in the same direction at the same time, so you don't need *that* much.
- Line dancing is about doing the same steps as everybody else. So don't start doing a different dance, unless there is room for you to go and do your own thing, and unless you know it is acceptable.
- If the floor is crowded, take small steps.
- If you collide with somebody, apologize even if it isn't really your fault. This keeps everybody sweet.
- Don't walk across the dance area while a dance is in progress. Walk round or wait.
- You will develop your own 'style' if you line dance long enough. But don't go crazy. People are there to enjoy themselves, which they won't if your 'style' involves acting like a demented windmill.
- Smile and enjoy yourself!





Pre/Post Show Activities

Learn the "Cupid Shuffle"!

Music: "Cupid Shuffle" by Cupid

1. There is an intro beat that lasts for about 1 minute unless your DJ advances the song. You want to listen for the part that says, "Do ya dance?" and this is your cue to start.
2. Step 4 times to your right.
3. Step 4 times to your left.
4. You will hear the artist say, "Now, kick, now kick..." which is your cue to kick your right leg first, then the left, repeat a right leg kick, and one more kick with the left.
5. "Walk it by yourself" is heard in the song and you simply need to walk in place but turn yourself a 1/4 turn (or 90 degrees) to your left while you are walking in place. You want to end up facing another direction. If you start facing North then you would end up facing West.
6. Repeat the above steps and that's it!

Sunshine State Standards Addressed:

Kindergarten:

DA.K.C.1.In.b Imitate a sequence of movements.

DA.K.S.3.In.a Refine basic gross-motor movements through repetition.

DA.K.S.3.In.b Move to various musical and rhythmic accompaniments.

2nd Grade:

DA.2.S.2.In.b Follow simple dance sequences to completion.

DA.2.S.3.In.a Repeat movement sequences.





Learn the Cha Cha slide!

Music "Cha Cha Slide" by DJ Casper

This group dance is easy to learn because you're literally being told the steps within the "song". You never have to memorize choreography!

Basic Cha Cha Slide Steps:

"Take it to the left"

Grapevine left with touch

"Take it back now"

Stroll back with touch

"One hope this time"

Hop forward

"Right foot let's stomp"

Right stomp forward

"Left foot let's stomp"

Left stomp forward

"Cha Cha now"

Mambo rocks

"Turn it out" or "let's go to work"

Left into grapevine right with touch (starting over, facing 90 degrees to your left)

"Clap"

Clap hands to the beat or double-time it

“Criss cross”

Jump feet apart, then jump crossing right foot over left

“Slide to the left”

Step to the left side with left foot, while sliding right to touch beside left

“Slide to the right”

Step to the right side with right foot, while sliding left to touch beside right

“How low can you go”

Classic limbo step toward the floor

“Bring it to the top”

Stand up; stretching and waving arms

“Hands on your knees”

Criss cross hand on knees

“Charlie Brown”

Hop forward on one leg, hop back on the other (to the beat)

“Freeze”

Stand still or strike a pose

Once you get this basic pattern, there is a lot of room for your own improvisation. Have fun!

Sunshine State Standards Addressed:

Kindergarten:

DA.K.C.1.In.b Imitate a sequence of movements

DA.K.S.3.In.a Refine basic gross-motor movements through repetition

DA.K.S.3.In.b Move to various musical and rhythmic accompaniments

3rd Grade:

DA.3.C.1.In.b Repeat simple movements from verbal cueing.

4th Grade:

DA.4.S.3.In.d Maintain balance in basic positions and in shifting weight.



The words below are different types of dancing styles. See if you can find all of them. Happy hunting!

Dancing



T	A	N	G	O	Z	Y	R	W	P	Z	X	S	G	N	Y	S	L	J	L	Q
E	W	E	R	B	O	U	J	R	Y	E	A	N	F	P	A	A	V	Y	P	O
E	E	A	T	O	R	T	X	O	F	O	V	J	F	Q	D	L	J	V	L	U
A	C	B	L	F	C	B	A	L	I	M	B	O	J	T	B	S	Q	O	Z	J
V	E	H	Q	T	E	A	I	L	Q	D	Q	P	B	E	W	A	K	N	J	O
E	E	X	A	C	Z	W	N	B	H	Y	F	S	V	B	Y	K	Q	J	Q	X
E	B	S	Z	-	B	W	S	C	X	S	L	H	U	L	A	Z	J	V	I	A
P	O	L	K	A	C	H	N	F	A	N	I	B	O	S	S	A	N	O	V	A
D	A	R	L	J	B	H	I	U	O	N	N	G	F	T	Z	F	M	D	I	O
Q	V	M	K	R	A	R	A	T	D	T	G	J	E	N	O	T	J	U	T	S
E	W	Q	X	T	B	H	S	I	V	X	O	L	I	G	M	O	E	B	B	X
Q	Y	K	O	V	Z	E	L	Q	E	U	L	R	N	T	G	T	Y	D	L	F
Y	I	Q	W	M	L	I	P	C	L	A	P	A	T	Q	T	L	U	A	I	Y
I	Y	R	U	R	J	B	I	D	B	E	D	O	O	Y	L	E	R	T	Q	S
G	J	S	A	Q	B	O	P	R	G	N	G	H	J	E	E	F	R	W	E	J
P	T	H	J	B	K	L	B	T	A	L	W	O	B	W	G	K	T	B	K	Y
A	C	K	Z	Y	K	A	S	F	F	K	L	X	N	F	K	E	R	B	U	D
K	G	X	X	F	Z	V	P	I	D	T	C	N	Q	G	U	U	S	U	Y	G
V	S	R	O	G	R	S	B	O	X	G	M	L	Z	N	Y	O	D	F	T	Y
M	E	P	S	G	N	I	W	S	G	A	V	C	I	C	Z	G	G	E	W	J
G	L	V	E	X	X	P	M	U	B	G	Z	M	C	Y	F	S	L	Y	X	R

- | | | | |
|-----------|-------------|------------|----------|
| BALLET | BELLY | BOSSA NOVA | BUMP |
| CANCAN | CHA-CHA | CHARLESTON | FANDANGO |
| FLING | FOX TROT | GOPAK | HULA |
| JITTERBUG | KOLO | LEGONG | LIMBO |
| MINUET | POLKA | SALSA | SWING |
| TANGO | TURKEY TROT | WALTZ | |

Sunshine State Standards Addressed:

3rd Grade:

DA.3.0.3.Su.b Recognize selected terminology unique to dance.



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We love fan mail! Let us know your favorite part and how much you enjoyed the show. You can even draw a picture. We cannot wait to hear from you!

Dear Fantasy Theatre Factory,

Your Friend,

School:

Show:

Teacher:

Date:

About Fantasy Theatre Factory

Fantasy Theatre Factory, (FTF) is a professional *touring* theatre created in New York in 1977 by Ed Allen and Mimi Schultz, performing artists and teachers. FTF is currently headed by Producing Artistic Director Larry Fields. FTF presents theatre for diverse family audiences. FTF's 16 touring educational shows appeal to pre-school, elementary, family, adult and senior audiences. FTF shows cover themes of: Children's Literature, Reading, Ecology, Social Service, Black history, Bullying Prevention, Dance, English, and Music. FTF performs in rural and inner-city schools, theatres, parks, hospitals, community centers, and more. In this manner, Fantasy Theatre Factory presents more than 300 Florida programs reaching over 130,000 people each year. Fantasy Theatre Factory's mission is to make more quality theatre programs available to more people.

Learn more by visiting FTF's website @

www.ftfshows.com

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