

20th Annual Kansas State Music Symposium
Dance-a-Day
June 16-19, 2008



Traffic Jam” presented by Sanna Longden © 2001

Great starter movement game, particularly in family and multi-age groups. It was arranged by a well-known New England dance caller, John Krumm.

Formation: No partners needed; dancers stand anywhere on the floor to start.

Music: Any upbeat U.S. reel in AABB or ABCD form.

Basic “Traffic Jam” – for individuals

A. Stamp stamp stamp; clap clap clap; walk-2-3-4 (don’t bump!) (4X)

B. Sashay or side-gallop across the room for 8 beats, being VERY careful not to collide. Sashay in another direction for 8 beats, also being VERY careful not to collide. (4X)

☐ Repeat the Basic Traffic Jam as often as seems appropriate.

Intermediate Traffic Jam – with partners

A. Face partner: Stamp stamp stamp; clap clap clap on partner’s hands. Walk 4 steps forward (or any direction you can) beside your partner, holding inside hands. (4X)

B. Holding two hands with partner, sashay sideways, avoiding collisions. (4X)

☐ Repeat the Intermediate Traffic Jam as often as seems appropriate.

Advanced Traffic Jam – changing partners

Same as Intermediate Traffic Jam, only find another partner at the beginning of the second sashay. =)



“Hot Plates Dance”

Used as a Line Dance for Grades 3-5

Music: “Hot, Hot, Hot” from “Little Mermaids”

Formation: Line Dance



Part I – (Introduction – 16 beats)

Hold plates above head/Wave in “Party” position – 16 beats

Circle plates to right – 8 counts

Circle plates to left – 8 counts

Clap plates high/low – 16 beats

Part II

Step/touch while moving plates up and down – 8 beats

Fan face with plates – 8 beats

Repeat step/touch and fan motions – 16 beats

Part III

Fan left armpit – 8 beats

Fan right armpit – 8 beats

Fan feet – 8 beats

Fan face – 8 beats

“Wipe sweat from brow” with RH plate – 4 beats

Clap plates together – 4 beats

“Wipe sweat from brow” with LH plate – 4 beats

Clap plates together – 4 beats

“Wipe sweat from brow” with RH plate – 4 beats

Clap plates together – 4 beats

“Wipe sweat from brow” with LH plate – 4 beats

Clap plates together – 4 beats

Repeat Parts II & III

“La Raspa” – arr. by Shenanigans © 1994 (Standards #2, 6, 9)
Group/Partner Dance

1. All face center. . .3 heel spring steps, clap hands twice (4X)
2. Do #1 again with partner (4X)
3. Right hand turn around partner. (8)
4. Left hand turn around partner. (8)

Face center, join hands, skip forward (4), then back (4) – repeat above

“Electric Slide” – Group Dance (4th-6th Grades)

Start with feet together. . .

Grapevine to the right (R L R Touch) – (4 steps)

Grapevine to the left (L R L Touch) – (4 steps)

Back with right, touch left (4 steps)

Forward touch, back touch (4 steps), then left $\frac{1}{4}$ turn!!!