

# Spanish Fork High School

## Unit Topics and I Can Statements

### Social Dance

#### Introduction & Mixer

- ❖ I can identify reasons for socializing while learning the circle dance
- ❖ I can learn individual class names and associate personal likes with that name
- ❖ I can learn the circle dance which provides an opportunity to dance with all students

#### Fox Trot

- ❖ I can identify the Fox Trot rhythm of slow slow quick quick
- ❖ I can learn the following steps:
  - Basic, Progressive, Swing Step, Promenade, Rock Turn, Twinkle, Cross Body Lead
- ❖ I can show my knowledge by passing off the dance combination with a group

#### Cha Cha

- ❖ I can identify the Cha Cha rhythm of 2,3 cha cha and start count 2 rather than 1
- ❖ I can learn the appropriate counting and start on count 1 so emphasis beats are on 2,3
- ❖ I can learn the following steps:
  - Butterfly, Chase, Cross Body lead, Turkish Towel, Crossover Knee lift, Parallel break
- ❖ I can demonstrate my knowledge of steps by passing off the set combination in a group

#### Waltz

- ❖ I can identify, count and recognize the Waltz rhythm of 1,2,3
- ❖ I can learn the following steps:
  - Left box turn, Box twinkle, Hesitations/Balances, Spiral, Swoop, Open Crosses
- ❖ I can demonstrate my knowledge by performing steps with a partner

#### Country Swing

- ❖ I can master the country swing steps so I can use them outside of class
- ❖ I can recognize that all country steps are executed in a 4 or 8 count movement
- ❖ I can learn the following steps:
  - Twin cities, double dip, Octopus, Pretzel, Double/single arm dip, Cuddle/wheel
- ❖ I can demonstrate at least two stunts.

#### Triple Swing

- ❖ I can learn the fast foot work of the triple swing and the beats of rock step, triple, triple
- ❖ I can learn the following steps:
  - Hand Change behind back, American spin, Toe/Heel swivels, Arch/Loop, Side Pass
- ❖ I can choreograph and execute group choreography.

## **Performance**

- ❖ I can master a minimum of 6 steps in each style of dance
- ❖ I can learn formation changes in at least 3 different styles of dance
- ❖ I can perform the class dances at a parent's night at the end of the semester
- ❖ I can feel confidence in myself and my performance at Parent's Night.