

LESSON 3: WALTZ UNDERARM TURN

Grade-Level Outcomes

Primary Outcome

Dance & rhythms: Demonstrates correct rhythm and pattern for one of the following dance forms: folk, social, creative, line or world dance. (S1.M1.6)

Embedded Outcome

Accepting feedback: Demonstrates self-responsibility by implementing specific corrective feedback to improve performance. (S4.M3.6)

Lesson Objectives

The learner will:

- perform the box turn.
- perform the underarm box turn with a partner in practice position.
- perform the underarm box turn with a partner in closed dance position.
- perform a dance phrase by combining the box step and the underarm box turn.

Equipment and Materials

- Waltz music
- Music-playing device

Introduction

Please turn in your homework assignment. Who wants to share something from your self-assessments? (Share how you felt when you first started dancing.) Today, we will begin with a review of the box step and the box turn. Then, we will add a new step, the underarm turn, and combine them for some dance phrases.

Instructional Task: Review Box Step and Box Turn

■ PRACTICE TASK

Working in partners, students perform the box turn and a short dance.

Today, the leaders will stand in a line with their backs to the wall, and the followers will stand in front of them, facing the wall. Students without partners will extend the line without partners and will practice independently.

We will start with a full box step, then a full box turn, and then repeat that pattern. Let's walk through it in closed dance position without the music.

Count aloud: 1-2-3, ready and box-2-3, box-2-3, turn-2-3, turn-2-3, turn-2-3, turn-2-3, box-2-3, box-2-3, turn-2-3, turn-2-3, turn-2-3, turn-2-3.

Continue counting this pattern until 80 percent of students/partners are successful.

Extension

Today is followers' request. When the music starts, followers request the dance, leaders accept, and you begin your dance phrase and repeat it.

Partners move to an open space and execute a dance phrase. Rotate partners every 2 minutes.

You have been moving and dancing in a defined space; it's time to move into open space. Rotate partners and remember who your new partner is. Leaders can continue to stand in a line; followers, come stand as a group off to the side. It is still followers' request today. When the music starts, followers walk over to their partners and request the dance. Leaders accept and together you find an open space in the gymnasium and repeat the same dance phrase (box step, box turn, repeat) that we have been practicing.

Refinement

Stop and restart the group with a count if the class is not successful in finding the rhythmic pattern.

EMBEDDED OUTCOME: S4.M3.6. Partners should talk and engage in peer coaching to create a successful partnership. Encourage students to provide feedback to and accept it from their partners, and to implement it to improve performance.

Student Choices/Differentiation

- Choose starting partner.
- Review video clip.
- Some partners might need cuing and counting to stay with the rhythmic pattern.

What to Look For

- Partners use correct form for the closed dance position.
- Students dance without looking at their feet.
- Box turns are a complete turn.
- Partners are staying in their own space rather than traveling around the floor.

Instructional Task: Underarm Turn

■ PRACTICE TASK

Working in partners, students practice the underarm turn.

Leaders stand with their backs to the wall; followers stand in front of them. Students without partners stand in the appropriate line and practice footwork independently.

Partners rotate and followers request the dance.

Partners assume the closed dance position.

Partners should be slightly offset to the left to avoid stepping on each other.

Partners initiate a basic box step: leader stepping back on right foot, follower stepping forward on left foot. After the first count of three (half of a box step), the leader raises his left hand, holding the follower's right hand above their heads. With his right hand on the follower's shoulder blade, he gently prompts the follower to perform a three-step turn to her right under their raised hands. This is an underarm turn.

Student Choices/Differentiation

- Review video clip that incorporates the turn.
- Choose partner.

What to Look For

- Partners stay with the count before and during the turn.
- Leaders remember to prompt partners to turn.

Instructional Task: Dance Phrase That Incorporates the Underarm Turn

■ PRACTICE TASK

Demonstration: Have two students demonstrate as you coach them.

Students combine steps for a dance phrase.

Leaders stand with their backs toward the wall; followers stand in front of them. Extra students without partners stand in the appropriate line and practice footwork alone.

Partners rotate and followers request the dance.

Partners assume the closed dance position.

Students dance two full box steps, one full box turn, a half box step, and one underarm turn; they continue to repeat this dance phrase.

Extension

Rotate partners every 2 minutes.

Refinement

It is important to note that when the follower comes out of the turn, the leader should immediately initiate the closed dance position and move into a box step.

Student Choices/Differentiation

- Students may stop to find rhythmic pattern or to discuss with partner the phrase sequence.
- Students may practice in practice position until they are confident with the sequence.

What to Look For

- Students show correct posture and alignment in the closed dance position.
- Students are rhythmically accurate in their steps.
- Students incorporate the rise and fall.

Formal and Informal Assessments

- Informal assessments
- Exit slip: List as many critical elements from the dances as you can.

Closure

- Which of the steps are you finding most challenging?
- How were the transitions from step to step working for you and your partners?
- Are you finding some of the music choices easier than others when trying to identify the rhythmic patterns?

Reflection

- Are students working respectfully with each other?
- Are students without partners practicing footwork?

Homework

Practice your steps at home.

Write down a few ways that social dance can lead to a healthy body. Bring your list to the next class.

Resources

- Harris, J., Pittman, A., Waller, M., & Dark, C. (2008). *Dance a while: Handbook for folk, square, contra, and social dance*. Boston: Allyn & Bacon.
- Kassing, G. (2014). *Discovering dance*. Champaign, IL: Human Kinetics.
- Wright, J. (2013). *Social dance: Steps to success*. 3rd ed. Champaign, IL: Human Kinetics.
- Internet keyword search: "waltz underarm swing," "beginning waltz"