

LESSON 7: SWING DANCE BARREL ROLL

Grade-Level Outcomes

Primary Outcomes

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

Self-expression & enjoyment: Describes how moving competently in a physical activity setting creates enjoyment. (S5.M4.6)

Self-expression & enjoyment: Identifies how self-expression and physical activity are related. (S5.M5.6)

Embedded Outcome

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

Lesson Objectives

The learner will:

- review the basic swing step, the single turn, and the underarm turn in combination.
- perform the barrel roll with a partner.
- perform a double face loop with a partner.
- perform a combination dance phrase.
- identify how self-expression and physical activity are related.
- describe how moving competently in a physical activity setting creates enjoyment.

Equipment and Materials

- Swing dance music
- Music-playing device
- Rhythm sticks
- Poster paper and markers

Introduction

Today, we will review our swing dance skills and add some new moves and turns, including the barrel roll and double face loop. Both of these moves represent the fun and energetic style of swing dance. First, let's talk about your homework assignment.

Instructional Task: Homework Review

■ PRACTICE TASK

Lead a brief discussion about the homework.

Guiding questions for students:

- How can social dance offer opportunities for enjoyment?
- In what ways can you find self-expression in dance?
- What other benefits does dance offer as a physical activity?

Student Choices/Differentiation

- Students may share with a partner instead of the entire class.
- Students may write ideas on poster paper.

What to Look For

- Students are offering relevant suggestions.
- Everyone is contributing.

Instructional Task: Review Basic Swing Step, Single Turn, and Follower's Underarm Turn

■ PRACTICE TASK

Working in partners, students perform a dance phrase.

Students request and accept the dance.

Let's review our swing dance steps thus far. The pattern we will start with is basic, single turn, basic, and follower's underarm turn. Let's walk through the pattern without music.

Count aloud: *Ready? One and two, triple step, rock step, one and two, one and two, rock step, one and two, one and two, rock step.*

Repeat as necessary for review.

Have half of the class stand and observe while the other half dances the pattern with music. Use rhythm sticks or clap to help students find rhythmic patterns.

After the dance, observers can provide feedback.

Guiding questions for students:

- What did you notice about transitioning from the basic steps to some of the turns?
- What extra style additions did you observe?
- As you observed the group, did people seem to dance with the rhythm of the music?

Have groups switch and repeat the process.

Refinement

Encourage students to talk to one another, verbalize the pattern, and count aloud as needed as they dance.

Student Choices/Differentiation

Review video of basic swing step, single turn, and underarm turn.

What to Look For

- Both leaders and followers maintain footwork during turns.
- Leaders guide followers gently through turns.

Instructional Task: Barrel Roll

■ PRACTICE TASK

Students choose new partners.

Performing the barrel roll requires cooperation and trust between partners. When executing the barrel roll, partners need to move together in unison, because their movements are mirrored.

Choose one set of partners to coach through a demonstration.

We will walk slowly through this move.

From the open-facing two-hand-hold position, leaders lift their left hands, joined with followers' right hands, into the air. At the same time, leaders cross the right hand, joined with followers' left, at waist

level in front of partners to the left. As hands are moving, partners follow hands and turn until they are back to back, with both hands in the air above their heads. Partners continue to “roll” all the way around, hands joined, until they are back to the starting position.

Count aloud or use rhythm sticks as partners practice.

Extension

The timing for the barrel roll should start as a slow roll to two counts of three, or two triple steps counts, exiting into a rock step. As students become more proficient, they may choose to do the barrel rolls more quickly in one count of three or to do two consecutive barrel rolls in two counts of three.

Refinement

The barrel roll can be performed turning to either the right or left.

Student Choices/Differentiation

- Review a video clip of the barrel roll.
- Partners may release one or both hands, if necessary, to complete the move successfully.
- Add stylization at the end of the barrel roll as partners face each other with a surprised or happy expression.

What to Look For

- Students are moving respectfully with partners.
- Students are moving smoothly into the triple step after completing the turn.

Instructional Task: Double Face Loop

■ PRACTICE TASK

Students choose new partners.

The double face loop is another swing dance move performed for visual impact. Let's walk through this and break the move into four parts. Then, we can add the footwork.

Beginning in open-facing two-hand hold, partners step forward slightly to their left so that they are standing side by side facing opposite directions. At this point partners are standing right hip to right hip, each with their own left hands in front of them, joined with partners' right hands.

The second move is for partners to lift both joined hands into the air above head height.

Next, keeping hands joined and remaining side by side, partners guide their left hands, along with partners' right, behind their own heads. Partners are now standing side by side, arms crossed and resting briefly behind their heads.

Practice and refine as necessary.

Last, each partner opens the left hand; right hands are on the back of the partners' head or neck area. Partners then pivot toward each other, stepping back slightly while sliding their right hands along partners' right arms until they join right hands.

Practice and refine as necessary.

Now, let's combine these four parts into two parts. First, from open-facing two-hand hold, as you move forward to the side-by-side position, lift your joined hands into the air at the same time.

Second, lower your hands behind your heads and, without pause, slide apart.

Allow practice until students are comfortable with this skill.

Let's add the footwork. Instead of stepping forward to be side by side with your partner, triple-step forward, raising your joined hands into the air. Let's practice that a few times. Followers lead with the right foot, leaders with the left.

Next, as you drop hands and slide, you should perform another triple step. Followers start with the left, leaders with the right. You now join hands in a right-hand-to-right-hand grip and will conclude with a rock step. After completing the rock step, change hands to the open-facing two-hand hold.

Note: Although the follower usually extends the left hand for the rock step, in this move, the follower performs the rock step with a right-hand-to-right-hand grip.

Use rhythm sticks as students practice and refine this skill.

Students choose new partners.

Refinements

- The forward diagonal triple step should be slightly forward, with small steps, so that partners stay in dance position.
- As partners guide their left hands behind their own heads, they need to allow their right hands to be guided behind their partners' heads.

Student Choices/Differentiation

- Review video clip of double face loop.
- Slow down practice as needed.

What to Look For

- Students remain within arm's reach throughout, not sliding past the right-hand-to-right-hand grip.
- Partners maintain footwork throughout the move.
- Partners transition smoothly in and out of the move.
- Leaders guide followers' hand exchange after the rock step to open-facing two-hand hold.

Instructional Task: Perform a Dance Phrase That Incorporates the Barrel Roll and the Double Face Loop

■ PRACTICE TASK

Students rotate partners and request and accept the dance.

The pattern is two basics, one barrel roll, two basics, and a double face loop.

Allow students to walk through the pattern two or three times, counting aloud before adding music.

Count, clap, or use rhythm sticks to reinforce step patterns.

Extension

Set up a video-recording station in one corner. As students become comfortable with the pattern, they rotate to the station to be recorded. Students replay the video and critique their own performances, then they write down areas for improvement.

EMBEDDED OUTCOME: S4.M3.6. Continue to practice, implementing corrective feedback from the video station.

Student Choices/Differentiation

Students can walk through the pattern for additional repetitions as needed.

What to Look For

- Partners maintain rhythm.
 - Partners enter and exit moves smoothly.
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Formal and Informal Assessments

Peer assessment

Closure

- Both of these moves required a lot of trust and cooperation between partners. How did that work for you? What specific feedback did you give or receive?
- Are you getting the feel of swing dance?
- Who will show me a favorite dance move?

Reflection

- Can I post examples of swing dance combinations on the website?
- Were all students treated respectfully?
- Were students able to rotate and participate with a large portion of their classmates?

Homework

Keep practicing your footwork and timing at home.

There are many musical choices for swing dance. Keeping in mind the school guidelines for music and lyrics, students may bring suggestions for music to be used in class, and the class can discuss what it was like to perform to the music.

Review for a quiz on terminology 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 search terms: "swing dance barrel roll," "swing dance double face loop"