

Dancing the Night Away

Lesson 10

DANCE MOTION

Remember the last time you went to a nightclub, wedding or prom and “danced the night away.” Dancing is not only fun, it’s great exercise! While most people can’t afford to kick up their heels every Saturday night, you can have a dance party in your own living room. Read through and try each of these basic dance movements. While some of these tunes are golden oldies, remember any favorite dance tune can be used.

MOTOWN MAGIC

Any Motown group will do. However the Temptations and Four Tops are a good start. Pick upbeat tunes such as; Standing in the Shadows of Love, Sugar Pie or Honey Bunch.

Starting with your right foot, step to the right, bring your left foot together with the right.

- Step again with the right foot, step to the right, then kick your left foot
- Repeat to the left side. Repeat set 8 times
- Then, starting with your right foot, steps right, then kick your left foot out
- Step left and kick your right foot out
- Repeat 8 times and go back to the beginning
- Use the following guide to keep time
- Right, together, right, kick left, together, left, kick (Repeat 8 times)
- Right, kick, left, kick. (Repeat 8 times)



TWIST

Any 60s group will do. Chubby Checker and the Peppermint Lounge songs are a good start. Pick upbeat tunes such as: Twist Again, Like We Did Last Summer! Or The Peppermint Twist or Twist and Shout!

- Twist again - like they did in the 60s – Need I say anymore?

THE CHARLESTON

Roar into the twenties with a “get moving” workout. Select old Charleston tunes with a moderate to fast pace.

- Begin with feet together
- Right leg kick forward, return to start. Left leg step back, return to start. Repeat 8 times
- Left leg kick forward, return to start. Right leg step back, return to start. Repeat 8 times
- Repeat until the song is finished

ACTIVITY

Try these dance routines on one of your non-walking days. Search out your favorite music, and “dance your heart out” for 30 minutes using at least two, if not all, of the dance movements above. When you are through, plan another 30 minute “dance date” with a friend, child or partner over the course of the next week. Use the chart below to help you. Before you know it, you’ll be movin’ and groovin’ as often as you can!

	DANCE DATE # 1	DANCE DATE # 2
Day/Date		
Time		
Partner		

Continue with your walking program, 4 sessions per week, 40 minutes each session. And if you have the urge to walk longer... do it! As always, monitor your heart rate and adjust your level of exercise as needed.