Cupid Shuffle  15 Students  3rd Grade  20 minutes

Lesson Objectives:

**Motor:** The student will be able to perform all 8 of the cupid shuffle steps to the music without stopping using proper form 2 out of 3 times. (PA3D3)

**Cognitive:** The student will be able to comprehend the 8 steps of the Cupid Shuffle using correct form 80% of the time by properly listing when asked by the teacher. (HM3D3)

**Social:** The student will be able to show respect to his or her classmates by respecting each student’s personal space 100% of the time during the dance. (PA2A3)

Equipment, Materials and Preparation:
CD player
Music for Cupid Shuffle

Gym Set-up:

Anticipatory Set: 30 seconds
Has everyone heard of line dancing before?

Warm-up: 2 minutes
Have students line up on the base line and perform static arm and leg stretches.

Transition: 30 seconds
Jog to center and create a circle around the center circle.

Instruction #1:

Prepare students 5 seconds
Today we are going to learn how to perform the Cupid Shuffle dance.
Central Demonstration 1 Minute
Show students how steps will be performed full speed

Explain TLP/SAM’s 2 Minutes
1. Ready Position – Feet together facing north “Ready”
2. Step with right foot, slide left foot to the right foot x4 “Step right”
3. Step with left foot, slide right foot to the left foot x4 “Step left”
4. Right foot kick “Right kick”
5. Left foot kick “Left kick”
6. Repeat kick for each foot x2 “Repeat kick”
7. Walk in place to the left 4 counts “Walk”
8. Repeat steps 1-7 until facing north again “Repeat”

Demonstrate: 15 Minutes
Go through SAMs again with students following along

Steps 1-3 5 Minutes
1. Ready Position – Feet together facing north “Ready”
2. Step with right foot, slide left foot to the right foot x4 “Step right”
3. Step with left foot, slide right foot to the left foot x4 “Step left”

Steps 4-6 2 Minutes
4. Right foot kick “Right kick”
5. Left foot kick “Left kick”
6. Repeat kick for each foot x2 “Repeat kick”

Steps 7-8 8 Minutes
7. Walk in place to the left 4 counts “Walk”
8. Repeat steps 1-7 until facing north again “Repeat”

Dry Run: 2 Minutes
Students will attempt dance 1 time without stopping and without the music

Practice:
1. Practice steps 1-3 with music 4 minutes
2. Practice steps 4-6 with music 2 minutes
3. Practice steps 7 with music 1 minute
4. Practice steps 8 or repeat all steps with music 5 minutes

Questions to Check:
   1. Did the students perform the proper step sequence?
   2. Are the students on beat?
   3. Did the students all go in the same direction when turning?

Review: 1 minute
   Have a student volunteer to demonstrate the steps to the cupid shuffle

Homework: 1 minute
   Go home and practice the proper steps to the cupid shuffle