

Home Learning Waka Waka Dance Overview

Listen to the song and try to find the beat. Once you have found the beat count to 8 before returning to 1. Keep this count of 8 all throughout the song.

- *Make sure you are in a good safe space*
- *It is important to listen to the lyrics as well as continue to count the beat of 8 throughout*
- *Perform the dance with lots of energy, bouncing to the beat and exaggerating the moves*

Part 1 – Introduction (0.00 – 0.08)

- Start with your feet together, head down and arms down by your side
- On the first beat start performing small jumps on the spot for 2 sets of 8 beats

Part 2 – Unison (0.08 – 0.34)

- *When the lyrics start:*
 - Perform a box step taking small steps
 - Step forward with your right foot first followed by your left foot
 - Take a small step back (to original spot) right foot first followed by your left
 - This process will be completed 4 times
 - It is encouraged to bounce and take steps with ‘attitude’
 - On the lyrics ‘You’re on the front line’ point your finger and shimmy your right arm straight across your body from left to right
 - On the lyrics ‘everyone is watching’ place your right hand above your eyes ‘looking’ across from the right to the left this needs to be like you are ‘looking out to sea’
 - Place your hands, pointing outwards, on your hips
 - Next count 4 beats and spin to the left, stepping round for every beat, followed by 4 beats spin/steps to the right
 - You should be back to original position, facing the front
 - Facing the front keeping arms straight and together swing arms over from right hip to your left hip for 8 beats and back - left to right hip 8 beats

Part 3 –Chorus (0.34 - 0.45)

- *The next part of the dance is the chorus and again all about unison*
 - Perform a 360° jump spin (4 count) followed by a clap of your hands above your head. Leaving your hands together (Prayer position) lower them to in front of your chest
 - Stand tall with your feet together hands in a praying position and head looking forwards
 - Keeping hands together, tapping left shoulder x2 followed by your right shoulder x2 back to your left x2
 - On the lyrics ‘HEY HEY’ arms are placed at a 90° angle - jab your arms back towards your shoulders
 - Repeat the same routine above
 - It is encouraged that you bounce or move your body when performing the above movements

Part 4 – Instrumental (0.45 - 1.28)

- *There will be an instrumental (no lyrics) for the next section of the dance*
 - Place your arms in a diagonal line right arm up facing the ceiling and left arm down pointing towards the floor.
 - (a) Walk to the right for 4 beats, on the fourth beat, clap
 - Place your arms in a diagonal line, when walking, (right – left) with your right hand up facing the ceiling and left arm down pointing towards the floor
 - (b) Swap arm positions and do the same to the left
 - Repeat the (a) & (b) above steps 3 times

 - Next (when the lyrics come back in) you perform little jumps on the spot whilst waving both arms in the air (8 count)
 - Then perform the same waving action, with both arms, but with arms at a low level (8 count)
 - Repeat both sets of waves
 - Now make a big circle with your arms, slowly moving from your waist to above your head (like a sunrise) This should be quite slow, whilst still bouncing on the spot for a count of 8 beats
 - Perform the same movements but moving your hands back towards your waist for 8 beats
 - Repeat the sunrise movement again, but this time when bringing your arms back down cut this short to a count of 4 ready for the chorus to begin

Part 5 – Chorus (1.28 - 2.26)

- Remember the chorus from above. This is repeated for this part of the song
 - Perform a 360° jump spin (4 count) followed by a clap of your hands above your head. Leaving your hands together (Prayer position) lower them to in front of your chest
 - Stand tall with your feet together hands in a praying position and head looking forwards
 - Keeping hands together, tapping left shoulder x2 followed by your right shoulder x2 back to your left x2
 - On the lyrics 'HEY' arms are placed at a 90° angle - jab your arms back towards your shoulders
 - Repeat the same routine **3 times**
 - It is encouraged that you bounce or move your body when performing the above movements

 - After the chorus march with attitude in a space (8 counts) and hold a pose for 8 beats
 - Repeat this - being creative to do a different pose
 - For each pose it is encouraged to think about different body positions and levels
 - Make sure the movements are in time with the music
 - Listen to the lyrics and keep count of the beat of 8

 - Repeat the hand actions part of the chorus. See below:
 - Clap of your hands above your head. Leaving your hands together (Prayer position) lower them to in front of your chest
 - Stand tall with your feet together hands in a praying position and head looking forwards
 - Keeping hands together, tapping left shoulder x2 followed by your right shoulder x2 back to your left x2
 - On the lyrics 'HEY HEY' arms are placed at a 90° angle - jab your arms back towards your shoulders
 - Repeat the same routine **3 times**
 - It is encouraged that you bounce or move your body when performing the above movements

Part 6 - Create your own dance (2.26- 2.50)

- Get creative here thinking about formations and level. If there is more than one person doing the dance, try to add some canon into the dance. [Canon occurs when dancers perform the same movement/phrase one after the other]
- Use the first count of 8 to move into your starting position
- You have 4 counts of 8 to create your own dance:
 - Can you include different levels?
 - Try to take up a variety of different floor positions
 - Make sure you are in time with the music
 - Have a finish position
- After the 4 counts of 8 hold the finish position for a count of 8 before moving into a safe space (count of 4) for the ending of the dance.

Part 7 – Ending of the dance (2.50-2.59)

- For the end of the dance, (On the lyrics “we are all Africa,) make a big circle with your arms, slowly moving from your waist to above your head (like a sunrise) This should be quite slow, whilst still bouncing on the spot for a count of 8 beats
- Perform the same movements but moving your hands back towards your waist for 8 beats to end your dance [These movements are the same as during the instrumental part of the dance]

Recap and performance

- Gather an audience together
- Make sure you are in time with the music
- Try your best to perform the dance routine with lots of energy
- Make sure you are performing in a safe place
- Have fun and smile



Dance

The National Curriculum

By practicing this activity, your child will develop the following skills:

- ✓ Coordination & movement
- ✓ Balance & flexibility
- ✓ Link movements and actions
- ✓ Cooperation
- ✓ Move with control
- ✓ Create dances and movements from your own ideas
- ✓ Practise and refine techniques

National Curriculum Criteria:

Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.
- ✓ Perform dances using simple movement patterns.

Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and in combination.
- ✓ Develop flexibility, strength, technique, control and balance.
- ✓ Perform dances using a range of movement patterns.
- ✓ Compare their performances with previous ones and demonstrate improvement to achieve their personal best.