



April 14th 2020 --- Dance Presenters



Matthew Stensrud
[@mistersorff](#)
campsite.bio/mistersorff

Franklin Willis
[@fwillismusic](#)
linktr.ee/fwillismusic



Kayla Collier
[@dontforgettocolliermama](#)
[YouTube](#)

Casey Goryeb
[@kcgorbs](#)
[YouTube](#)



[Access the Spotify Playlist Here!](#)

[Watch the Webinar & Dance Party Here!](#)

Dance Steps

Can't Stop the Feeling

Music by Justin Timberlake

Choreography by Matthew Stensrud

Level One Version

Verse

R step-together, L step-together (2x)(8 beats total)

Criss-cross hands, one over the other

- R side and L hand on top
- L side and R hand on top
- Repeat entire thing 2x (8 beats total)

Repeat above 2x

32 beats total

R step-together-step-clap (4 beats)

L step-together-step-clap (4 beats)

R step-together-step-clap (4 beats)

Freeze for 3 beats, on beat four, place hands on knees and bend down and around in circle fashion to match with music (4 beats)

L step-together-step-clap (4 beats)

R step-together-step-clap (4 beats)

L step-together-step-clap (4 beat)

Stop and freeze with hands on hips (4 beats)

32 beats total

Pre-Chorus

R hand points up to sky slowly (4 beats)

R hand pans outward slowly, back to hips (4 beats)

L hand points up the sky slowly (4 beats)

L hand pans outward slowly, back to hips (4 beats)

R hand reaches across body and pans forward, across and back to place (8 beats)

L hand goes up toward sky (2 beats)

R hand goes up toward sky (2 beats)

R and L make big circle, moving away from each other and back to place (4 beats)

Dancing from a Distance Webinar & Dance Party Notes

32 beats total

Chorus

A: Hands in front of stomach, palms facing outward, slide R, slide L (2 beats)

Counterclockwise circle with hands while side sashay to R (2 beats)

Repeat A in opposite direction (4 beats)

B: R arm crosses across body, "closed" body, and up into air at 45 degree angle, L arm behind you, making a straight line from R to L, hold with light bounce (2 beats)

Switch to "open" body with L hand up at 45 degree angle in front and R arm behind you, hold with light bounce (2 beats)

Repeat B again (4 beats)

16 beats total

Repeat 1 or more times depending upon length of chorus

Verse

Pre- Chorus

Chorus (longer this time)

Bridge

L arm down toward ground, R arm up toward sky (2 beats)

R arm down toward ground, L arm up toward sky (2 beats)

Airplane turn to L (4 beats)

Repeat in opposite direction (8 beats)

16 beats total

Continue through bridge

Chorus

Outro

Step-together with hands above head and clapping on off-beats when feet are together, back-and-forth until end, with a final spin and pose at last phrase

Level Two Version

Follow the same format., but some changes to particular sections

Verse

R step-together, L step-together (4 beats)

Criss-cross hands, one over the other

- R side and L hand on top
- L side and R hand on top (4 beats)

Step forward, feet together (2 beats)

Cha-cha-cha with fists by side and shoulders moving up-and-down (2 beats)

Step backward, feet together (2 beats)

Cha-cha-cha similar motion (2 beats), second time fists end in 90 degree angle in front of body

Repeat 2x for 32 beats total

Interlock fists and bring R elbow up so forearm is parallel with ground, L elbow down so forearm is perpendicular to ground, pump in ta-ti ta pattern to R (2 beats)

Repeat with opposite arms with L elbow up (2 beats)

Repeat 3x

Freeze for 3 beats, on beat four, place hands on knees and bend down and around in circle fashion to match with music (4 beats), second time do not do this and end with hands on hips

Repeat 2x for 32 beats total

On beat four, bring body downward

End of second time, end with hands on hips

Pre-Chorus

R hand points up to sky slowly (4 beats)

R hand pans outward slowly, back to hips (4 beats)

L hand points up the sky slowly (4 beats)

L hand pans outward slowly, back to hips (4 beats)

R knee touches ground, L knee bends, placing L hand on L knee, hold facing forward (4 beats)

L hand makes fists and touches forehead, turning body to hold facing downward and to the L (4 beats)

L hand stretches outward, parallel to ground (2 beats)

R hand stretches outward in same direction, parallel to ground (2 beats)

Slowly get up while hands go in circular big motion together to get ready for chorus (4 beats)

Chorus

A is same as previous

B “closed” is just one beat, “open” is just one beat, then stay “open” and bounce with body and arms for two more beats (4 beats)

Punch while taking step backward 4x (4 beats)

Diagonal step L with L arm toward ground and R arm upward, leaning in the direction of your step (2 beats)

Diagonal step R, same motions in opposite direction (2 beats)

Hop L while fists at 90 degree angle pump R, Hop R while fists at 90 degree angle pump L,

Jump down with feet apart and hands on knees, Come up to standing (4 beats)

Repeat diagonal steps and hops again (8 beats)

Bridge

Can be the same, or consider adding four bounce lightning poses, then airplane (using levels of course!)

Happy Face

Music by Destiny’s Child

Choreography by Franklin Willis

Intro

Step Touch Step Touch (4x)

Chorus

Step and Push arm downs (4x)

Raise hands above your head (signaling sun)

Step, snap, step, snap, step, snap, step, snap

Both arms flex muscles, Right hand in the air with pointer finger facing the up

Right hand on chest, both hands together and bow.

Step, snap, step, snap, step, snap, step, snap

Verse

Right, Right, Right, Clap

Left, Left, Left, Clap

Forward, Forward, Forward, Clap

Back, Back, Back, Clap

Jump Forward, Jump Back,

Jump Forward, Jump Back, and stop

Right foot out and in

Left foot out and in

Then turn around in a circle (4 counts) (Repeat)

Chorus

Step and Push arm downs (4x)

Raise hands above your head (signaling sun)

Step, snap, step, snap, step, snap, step, snap

Both arms flex muscles, Right hand in the air with pointer finger facing the up

Right hand on chest, both hands together and bow.

Step, snap, step, snap, step, snap, step, snap (Repeat)

Verse

Right, Right, Right, Clap

Left, Left, Left, Clap

Forward, Forward, Forward, Clap

Back, Back, Back, Clap

Jump Forward, Jump Back,

Jump Forward, Jump Back, and stop

Right foot out and in

Left foot out and in

Then turn around in a circle (4 counts)

Right, Right, Right, Clap

Left, Left, Left, Clap

Forward, Forward, Forward, Clap

Back, Back, Back, Clap

Chorus

Step and Push arm downs (4x)

Raise hands above your head (signaling sun)

Step, snap, step, snap, step, snap, step, snap
Both arms flex muscles, Right hand in the air with pointer finger facing the up
Right hand on chest, both hands together and bow.
Step, snap, step, snap, step, snap, step, snap (repeat)

Verse

Right, Right, Right, Clap
Left, Left, Left, Clap
Forward, Forward, Forward, Clap
Back, Back, Back, Clap
Jump Forward, Jump Back,
Jump Forward, Jump Back, and stop
Right foot out and in
Left foot out and in
Then turn around in a circle (4 counts) (Repeat)

Chorus

Step and Push arm downs (4x)
Raise hands above your head (signaling sun)
Step, snap, step, snap, step, snap, step, snap
Both arms flex muscles, Right hand in the air with pointer finger facing the up
Right hand on chest, both hands together and bow.
Step, snap, step, snap (Repeat)

Finish the dance by repeating the verse choreography.

Don't Start Now

Music by Dua Lipa

Choreography by Kayla Collier

Intro (16 counts total)

Verse 1 (48 counts total):

Pat on knees (4 counts)
Slide palms (4 counts)
Raise the roof (4 counts)
Slide palms (4 counts)
Repeat above 3x

Pre-Chorus (32 counts total):

"Slo-mo!"
Pretend to move in slow motion.
Change direction every 4 counts!

Chorus (32 counts total):

Walk 3 steps forward, snap on beat 4 (4 counts)
Walk 3 steps backward, snap on beat 4 (4 counts)

Dancing from a Distance Webinar & Dance Party Notes

Walk forward, snap on beat 4 (4 counts)
Walk backward, snap on beat 4 (4 counts)
Repeat 2x

Verse 2 (48 counts total):

Pat on knees (4 counts)
Slide palms (4 counts)
Raise the roof (4 counts)
Slide palms (4 counts)
Repeat above 3x

Pre-Chorus (32 counts total):

“Slo-mo!”
Pretend to move in slow motion.
Change direction every 4 counts!

Chorus (32 counts total):

Walk forward, snap on beat 4 (4 counts)
Walk backward, snap on beat 4 (4 counts)
Walk forward, snap on beat 4 (4 counts)
Walk backward, snap on beat 4 (4 counts)

*Walk to the right, snap on beat 4 (4 counts)
Walk to the left, snap on beat 4 (4 counts)
Walk to the right, snap on beat 4 (4 counts)
Walk to the left, snap on beat 4 (4 counts)

Instrumental Break (32 counts total):

Free dance!

Pre-Chorus (32 counts total):

“Slo-mo!”
Pretend to move in slow motion.
Change direction every 4 counts!

Chorus (32 counts total):

Walk forward, snap on beat 4 (4 counts)
Walk backward, snap on beat 4 (4 counts)
Walk forward, snap on beat 4 (4 counts)
Walk backward, snap on beat 4 (4 counts)

*Walk to the right, snap on beat 4 (4 counts)
Walk to the left, snap on beat 4 (4 counts)
Walk to the right, snap on beat 4 (4 counts)
Walk to the left, snap on beat 4 (4 counts)

Outro (32 counts):

Free dance, freeze on the last count!

*Denotes an extension. You could simply walk backwards and forwards for the 2nd and 3rd repetition of the chorus.

Baby

Music by Dirty Loops, cover; original by Justin Bieber

Choreography by Casey Goryeb

Intro/Chorus (32 cts)

- Choose your pose!
- Low/Middle/High
- Pose on each ct. 6 or “No”
- Roll into a standing position in the last 4 cts.

Verse 1 (32 cts)

- 8 cts. R side step, arms loop around in front of chest
- 8 cts. L side step, arms loop around in front of chest
- 3 steps forward, kick, and reach up on 4
- 3 steps back, toe touch back, and reach down on 4
- 3 steps forward, kick, and reach up on 4
- 3 steps back, toe touch back, and reach down on 4

Verse 2 (32 cts)

- Same as Verse 1

Chorus (32 cts)

- 3 Poses - Low/Middle/High
- Pose on each ct. 6 or “No”
- Roll into a standing position in the last 4 cts.

Verse 3 (32 cts)

Slow Motion movements (back stroke)

Verse 4 (32 cts)

- Same as Verses 1 & 2

Chorus (32 cts)

- 3 Poses - Low/Middle/High
- Pose on each ct. 6 or “No”
- Roll into a standing position in the last 4 cts.

Bass Solo/Instrumental Breakdown (96 cts)

- Turn R for 3 cts. stop and clap on 4
- Turn L for 3 cts. stop and clap on 4

(Repeat)

- Roll arms from R Up to Down
- Roll arms from L Up to Down

Dancing from a Distance Webinar & Dance Party Notes

- 8 steps forward and clap hands up in a zig-zag
- 8 steps back and clap hands down in a zig-zag
- Turn R for 3 cts. stop and clap on 4
- Turn L for 3 cts. stop and clap on 4

(Repeat)

- Roll arms from R Up to Down
- Roll arms from L Up to Down
- 16 ct. Wiggles!

Chorus

- 3 Poses - Low/Middle/High
- Pose on each ct. 6 or “No”
- Melt to the floor in the last 4 cts.

DANCING FROM A DISTANCE

Supporting our Students through Virtual Movement

Tuesday, April 14th | 5pm ET -- 2pm PT

Matthew Stensrud Franklin Willis Casey Goryeb Kayla Collier