

## **LINDY HOPPING**

### **(Notes to use alongside the film clip)**

Lindy Hopping is a great social dance that children love to learn. It is important when teaching dance styles that you still have a creative approach which can be achieved by teaching the basic steps and not worrying too much about perfection. The children can then create their own steps or sequences 'in the style of' the dance style you are looking at. Always include compositional work and get the children to use choreographic devices such as a canon, unison, formations, changing levels/directions/speeds to make the dance more interesting.

Lindy Hopping is a great dance style to enhance the topic of 'Britain Since the 1930s - World War II' as this dance style became popular around this era. It came from New York and originated from the Charleston. The Charleston was a dance for the rich and was very upright and precise and the black Americans were excluded from taking part so at their parties they imitated the rich and danced The Charleston in a much more free and down to earth way inventing The Lindy Hop. It is said that the name Lindy Hop originates from Charles Lindberg's successful attempt to be the first to fly across the Atlantic.

#### **Lindy Hop Basic Steps**

##### Kicks

Single kicks with a hop in front and crossing the leg over

Double kicks

Single kicks and turn on the spot

Break - Standing with wide feet and bent knees and torso slightly forward with arms positioned as if spreading the hands out on a table in front of you. Jump into this position quickly and hold.

Boogie Forward and Back - Jump forwards maintaining bent knees and push the hips forward so the torso leans back then slap the hand on the thighs bringing the hands forward, then jump the feet back and push the bottom out and slap the hands on the thighs going back. Rhythm should be: and forward, slap and back, slap (repeat).

Tap steps - Tap the right foot in front then bring it back under you then tap the left foot forwards and then bring it back, almost like you are testing the cold sea water. Swing the arms one forward and one back in opposition to the legs and keep the knees bent and torso forwards.

Peck - Standing with wide feet, swivel the feet so the body faces the right side and then raise the right arm and extend it to the ceiling so that the arm touches the ear. Flex the right wrist to make a bird head on the top. Maintain this position but bend the knees slowly so the position lowers slowly. Peck the head like a bird five times. The pecking rhythm of the head should be slow, slow, quick, quick, quick. Swap sides.

Fall off the log - Kick the right leg out to the side leaning to the left and arms out wide as if pretending to fall, then recover by bringing the right leg behind the left, stepping to the side with the left and then stepping across with the right. Do the same on the other side.

## **Lifts**

Leap frog - as standard.

Hug lift - standing side by side one person is the lifter and takes the other person's arm around their shoulders and their centre leg is then lifted with the lifter's outside arm. The person being lifted lifts their free leg up to the sky with a kick.

Pull Through - The pair stand opposite each other and hold hands (with one person's wrists crossed), the support has wider legs and they enter into a counterbalance with the active person bending knees to sit on the floor. Once there they straighten their legs and lie down and the support pulls them through the legs. The support then steps one leg to the side so that they are no longer over the active person and pulls the active person to stand whilst the active person assist by pushing the feet down into the floor (knees are bent by this point) and also lifting their hips so the body ripples up.

