



Strictly **HOME**

Dancing

Scan or click on the
QR code to enter!



A stylized illustration of a woman with short, curly brown hair, wearing a bright yellow jumpsuit with a wide purple belt and pink high-heeled shoes. She is in a dynamic dance pose, with her right arm raised and pointing upwards, and her left arm extended downwards. The background is a light, textured grey.

Introduction

This is a booklet containing everything you need to know about our “Strictly Home Dancing” virtual event. It contains choreography and a list of the skills that you might consider using in your routine. We are going to time travel through the 20th Century and we hope this guide will help you to create a dance routine that reflects the style of a certain decade.

Format of the event

This virtual event allows you to choreograph and perform a dance from a decade from the 20th Century. The routine should last up to 45 seconds. Once you have choreographed your routine to perfection, use the QR code on the front of this booklet to enter the event and to let us know where to find your video.

Once all submissions have been received, we will create a montage of the entries.

The Rules

Please use the music that we have provided for your chosen decade.

Copy the two sets of eight counts of choreography and then choreograph the rest yourself.

Routines should be no longer than 45 seconds.

Decades of dance

We are starting our time travel journey in the 1900’s and we will visit every decade from the 50’s up until 2000. You may pick which ever decade suits you! You might go for the modern day, or the swinging sixties, or even the disco dancing 70’s.

To get you started, check out the videos CGS Outreach have provided on their social media platforms. Watch all of the videos before making your choice. Pick your favourite, learn the first eight counts provided for you to provide the foundation for your routine. In terms of costumes and make-up, be as expressive and creative as you want; these are all factors that will help us visualise and understand your choreographed dance.

The choreography below is the first 16 counts that have been choreographed for you. You must add on to this, creating a routine no longer than 45 seconds. You can find the routines by scanning this code:



Scan the QR code above or click on the link below to see the starters.

<https://www.youtube.com/playlist?list=PLAL7AU-QaFEXh5V3zMig1PLAC2tApg5LX>

Sometimes you have to press control when you click on the links



Skills and Songs

Year	Skills	Songs
1950s	<ul style="list-style-type: none"> • Cartwheel • Kicks • Leaps • Jumps – straddle, star and tucks 	<ul style="list-style-type: none"> • Jailhouse Rock – Elvis Presley • Hound Dog – Elvis Presley
1960s	<ul style="list-style-type: none"> • Jumps – straddle, star and tucks • Kicks • Forwards roll 	<ul style="list-style-type: none"> • Autin Powers song – Soul Bosa Nova • Twist and Shout - Beatles
1970s	<ul style="list-style-type: none"> • Pirouettes • Straddle jump • Bridge – full or half 	<ul style="list-style-type: none"> • Night Fever – Bee Gees • Stayin’ Alive – Bee Gees
1980s	<ul style="list-style-type: none"> • Handstand – normal or side • Worm • Helicopter 	<ul style="list-style-type: none"> • I feel for you – Chaka Khan • Walk this way – Aerosmith
1990s	<ul style="list-style-type: none"> • Worm/caterpillar • Forwards roll • Kick backs 	<ul style="list-style-type: none"> • Its tricky – Run DMC • Cant touch this – MC Hammer
2000s	<ul style="list-style-type: none"> • Snap ups/kip ups • Pirouettes • Backwards roll 	<ul style="list-style-type: none"> • Whip nae nae – Silento • Crank that – Soulja Boy

For more inspiration and ideas for your chosen decade, follow the link below;

https://www.youtube.com/watch?v=NnjUFPy1AOk&list=RDNnjUFPy1AOk&start_radio=1

We cannot wait to see your routines! Don't forget to upload it on social media, tag in your local SGO and send it to us via the QR code on the front of the pack. Stay safe everyone and keeeeee dancing!