

Unit 6: Mexican Waltz (Mexico)

**LEARNING
OUTCOMES****The student will:**

- *perform a simple waltz step*
- *be introduced to a progressive dance.*

RESOURCES

Tape player.

MUSIC

Mexican Hat Dance

Mexican Waltz

STAGE	CONCEPT	CONTENT / ACTIVITY	TEACHING POINTS
Warm up Music: Mexican Hat Dance		<ol style="list-style-type: none"> 1. Two feet, bouncing on the spot x 4 in 4 directions. 2. Step forward on the right foot, then on left foot (bringing both feet together) rise up on both feet and lower. Repeat with left foot leading. Step back on right foot, then on left, rise up on both feet and lower. Repeat with left foot leading. Repeat no. 2 above x 4 directions. 	<ul style="list-style-type: none"> • Soft knees. • Focus on body alignment. • Introduction to waltz rhythm.
Development Music: Mexican Waltz		<ol style="list-style-type: none"> 1. In a large circle, holding hands, sway in 2,3 and out 2,3. Each boy passes his left hand girl to his right side. All this is repeated four times (the boy stays in his place, the girl moves). 2. The boy keeps the 4th girl on his right hand side and takes the waltz hold and they waltz around the circle x 8 bars. 3. With partner, take both hands. Step in 2,3 and out 2,3 and dropping hands, each turns around on the spot. 4. Repeat the complete dance. 	Waltz hold: The girl places her right hand on boy's left hand, girl places her left hand on boy's right shoulder, the boy places his right hand under the girl's left shoulder blade.
Cool down Music: "Women of Ireland" Mike Oldfield		Step, close, rise up onto toes and hold x 4, lower onto feet and bend the knees x 4 (plié).	