

## ACTIVITY CARD

### The Cha-Cha Slide with a Basketball

Dynamic Warm-up Dance | Music by Mr. C [\[iTunes Link\]](#)

Music Cue	Movement
Clap Your Hands	Pass the basketball back and forth between each hand.
To the Left	Dribble the basketball and side-step to the L, stepping to the beat.
Take It Back Now, Y'all	Walk backwards, dribbling to the beat.
[#] Hop(s) This Time	Jump forward with 2 feet the designated number of times, landing the jump on the song's "hop" sound. As you jump, pretend to shoot the basketball.
[R or L] Foot, Let's Stomp / [R or L] Foot [#] Stomps	Lift R or L foot and place back on the floor in the same spot the designated number of times.
Cha Cha	While dribbling the basketball: Step forward with the R, rock back onto the L. (Counts 1-2) Quick 3-step: R-L-R. (Counts 3-&-4) Step forward with the L, rock back onto the R. (Counts 5-6) Quick 3-step: L-R-L. (Counts 7-&-8)
Turn It Out	Pivot $\frac{1}{4}$ turn to face the next wall.
Slide to the [L or R]	Step to the L or R, allowing the trailing leg to slide out to the side. While you slide, dribble the ball to the side toward which you are sliding.
Criss Cross	Dribble the ball from one hand to the other.
Hands On Your Knees	Move the ball around your knees in a circle.
How Low Can You Go	Sink lower and lower into a crouch, going down a bit more on every beat while continuing to dribble.
Can You Bring It to the Top	Raise your body higher and higher to stand back up straight, going up a bit more on every beat while continuing to dribble.
Reverse Reverse	Move the ball around your body once.
Charlie Brown	Dribble the ball between your legs from one hand to the other.