

# Dance Day Dances



## Dancing Today

*By the 1960's "the Lindy and Jitterbug" had faded. Rock and Roll was now king in the world of music and dance.*

*Dances like "The Twist" became popular. New dances became popular like the Watusi, the Monkey, the Frug, Jerk, Hitchhike and Pony. The roots in African dance were obvious with the gestures and movements in these dances.*

*From these dances came others, including the Moon Walk made famous by Michael Jackson, Break Dancing, the Freak, and others you may know.*

**Using the music of today, in your group, create a dance that starts with the dances of Africa, and progresses through all the stages we have looked at, until it becomes the dance of today.**

**Perform this dance for your classmates.**