

Dance:	<b>Rock and Roll Craze ELVIS MIX</b>
Music:	Michael Jackson or Elvis Presley songs work well.
Formation:	Line/4 wall dance
Video is on PE Central	listed under Elvis Mix

- 1-2 Right arm palm down, shake two times to right
- 3-4 Left arm palm down, shake two times to left
- 5-6 Right arm palm up, push hand two times to right "up"
- 7-8 Left arm palm up, push hand two times to left "up"
- 1-2 Right thumb, point two times over right shoulder "hike"
- 3-4 Left thumb, point two times over left shoulder "hike"
- 5-6 Touch right heel out, bring foot back
- 7-8 Touch left heel out, bring foot back
- 1 Reach up with right arm
- 2 Reach up with left arm
- 3 Bring right arm down and place on lower back
- 4 Bring left arm down and place on lower back
- 5-8 Jump sequence (keep hands on hips)
  - 5-6-7 Straight jump forward
  - 8 Jump turning eight ¼ turn and clap
- 1-8 Free style sequence (any non-locomotor movements)