

Lesson 17 – The Hobby Horse Slide

Introduction: This lesson features our signature line dance, *The Hobby Horse Slide*. Students will learn the locomotor skills needed to perform the choreography to the music. Locomotor skills include shuffle steps, sumo walks, grapevines, spinning grapevine, moving in a square, side to side and more for 8 counts per side.

Song Title: *The Hobby Horse Slide*

Difficulty Level: Advanced

Objective and Outcomes:

The students will be able to use listening skills, coordination, and other physical movements to experience an effective workout combining a wide variety of locomotor skills, rhythm, and choreographed movements with a hobby horse in the performance of a line dance.

Activity:

Students will learn a line dance called *The Hobby Horse Slide* which features shuffle steps, sumo walks, grapevines, spinning grapevines, and jogging variations, moving in a square and more as part of a line dance group activity.

Terms used:

1, 2, 3s – Three consecutive jogs in place. On the third jog you hold for a beat before doing three more jogs and a hold.

GALLOP – The combination of a JOG (TROT) and a STEP (WALK)

GRAPEVINE – A series of sideways walking steps. Step to the side, step behind, step to the side, tap.

HOME BASE - Place where each student will start and return at end of activity

HOP / HOPPING - All the weight is on one foot. You push off of that foot and land on the same foot.

PRANCE - A specific type of slow, controlled, trotting/jogging where knees are up high and toes are pointed down.

SHUFFLE STEP – Three diagonal steps with a lead and trail foot. Step, close, step.

SKIP - The combination of a STEP (WALK) and a HOP

SLIDE – To move from one place to another while at least part of each foot remains in contact with the ground at all times

SPINNING GRAPEVINE – A series of sideways walking steps and pivots. Step to the side, pivot 180 degrees, pivot 180 degrees, tap.

SUMO WALKING - In a squatted position. Feet are wide and knees are bent. Chest is up and hips are low, walking forward, backward, sideways or diagonally, slowly.

TROT / TROTTING - Similar to JOGGING. Leave off of one foot and land on the other. Slower than

WALK / WALKING - Normal heel to toe walking

Materials:

Hobby horses

Corral – 35-gallon Trash can, box or other container to use as a corral, or a place to return hobby horses when activities are completed.

Cones – to mark off an area if needed

Printed materials: Hobby horse Safety, Etiquette and form

Media:

Mp3 audio file and player for the *Hobby Horse Slide*

Video link and video player and screen for the locomotor skills and choreography for the lesson.

The **online motor skills instruction video** Trotting

The **online choreography demonstration video** with choreography with music for this lesson.

Preparation:

1. Review the **online Trotting motor skills instruction video** and learn the locomotor skills required of the students.
2. Review the **online choreography demonstration video** for *Hobby Horse Slide*.
3. Review the lyrics and listen to the MP3 of the song.
4. Decide whether the lesson will be led by the Hobby Horse videos or if it will be teacher led.
5. If students are going to follow the video then have a way to play the video in the area the students will be performing the walking choreography.
6. If teacher lead, review the locomotor skills and the song choreography so that you are sufficiently familiar with it to teach the activity.
7. Set up an area for the activity. Use cones or other markers if needed for designation.
8. Gather hobby horses
9. Set up your corral or area to pick up and return hobby horses to and place horses there
10. Have your mp3 player ready to go.
11. Have your online video player ready to go.

Procedure

Opening Instruction

1. Warm up with the *I'm a Hobby Horser* warmup activity.
2. Have students line up on their Home Base Line.
3. Tell students that they will be performing to a song called *Hobby Horse Slide*.
4. Remind them of Hobby Horsing safety rules, etiquette and form.
5. Explain that during the song activity they will stay on the same line keeping safe spacing from the student in front of them as they walk and move forward in a circle.
6. Have students line up on the designated Home Base Line area.
7. Remind students to return to their base line when the activity is finished.

Guided Practice for the Locomotor Skills & Choreography

1. Teach all the locomotor movements students will be using.
 - a. Video Led Instruction: Play the **online motor skills instruction video** for the *Hobby Horse Slide* and have students follow along with the video and repeat as necessary for proficiency.
 - b. Teacher Led Instruction: Teacher will lead the instruction of all the walking locomotor skills needed to perform this lesson. Repeat for proficiency.
2. Follow along with the choreography of the lesson
 - a. Video Led Choreography: play the *Hobby Horse Slide* **online choreography demonstration video** for the lesson. Have students follow along and repeat for proficiency.
 - b. Teacher Led Choreography: play the **mp3 audio file** for the *Hobby Horse Slide* and lead all the movements and choreography for students to follow along. Repeat for proficiency.

The Hobby Horse Slide

Words and Music by David Fisher & Ken Frawley

(*) Means you can choose any locomotor movement for that verse or bridge

Verse1

Clydesdales get together to work or play or feed

(*Move to the right for 8 counts)

Thoroughbreds get together for racing at top speed

(*Move to the back for 8 counts)

Hobby Horses get together and line-up side by side

(*Move to the left for 8 counts)

And spread out a bit, so you don't get hit

'Cause it's time for the Hobby Horse Slide

(*Move to the front for 8 counts)

CHORUS

Hobby Horse Slide

(Shuffle diagonally forward to the right)

The Hobby Horse Slide

(Shuffle diagonally forward to the left)

It's the dance we're taking nationwide

(Sumo walk back for 4 steps)

So saddle up it's time to ride

(Grapevine to the right)

Everybody doin' the Hobby Horse Slide

(Spinning grapevine to the left)

Hobby Horse Slide

(Jogging steps: Right, left, right, hold)

The Hobby Horse Slide

(Jogging steps: Left, right, left, hold)

Rock up, rock back, rock side to side

(Rock up, rock back, rock side to side)

So saddle up it's time to ride

(Grapevine to the right)

Everybody doin' the Hobby Horse Slide

(Spinning grapevine to the left)

Verse 2

(* Repeat the same choreography as verse 1 with the same or a different locomotor movement)

Perfect for a hoedown or country jamboree

Barn dance or a wedding, or joyous jubilee

Last dance at a gala, first dance for a groom and bride

So Giddy Up, Let's all line up

'Cause it's time for the Hobby Horse Slide

CHORUS

Bridge:

(* Repeat the same choreography as verse 1 with the same or a different locomotor movement)

Take it to the East... (echoes)

Take it to the South... (echoes)

Take it to the West... (echoes)

Take it to the North then back to the house... (echoes)

CHORUS