

Lesson 17 – The Hobby Horse Slide (On the Line Activity)

Introduction: This lesson features a line dance, *The Hobby Horse Slide*. Students will learn the locomotor skills needed to perform the choreography to the music. Additional 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, 3, Hold– 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. When traveling to the right: step to the side with the right foot, cross behind with the left foot, step to the right with the right foot and close with the left foot.

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

HOP - 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 – Also known as “Triple Step” or “Step-Together-Step.” Step forward with one foot, step to close with the other foot, and step forward with first foot again

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 - Faster than walking, similar to jogging, slower than running (which is not allowed in Hobby Horsing). Leave off of one foot and land on the other alternating and repeating

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

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 **Slide Instruction Video**

The online **Slide Song Choreography Demonstration Video** with choreography with music for this lesson.

Preparation:

1. Review the online **Slide motor skills instruction video** and learn the locomotor skills required of the students.
2. Review the online **Slide Song Choreography Demonstration Video** featuring the choreography performed with the music.
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 and beside them as they perform the steps in this line dance.
6. 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 **Slide Instruction Video** 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 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 online **Slide Song 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.
3. **Provide Additional Opportunities** – Find additional opportunities in our Music and Song Activities found on page 201. Download mp3 found on your Teachables Account. Simply choose the activity and the locomotor skills you want to call out for your students to perform and follow our basic presentation procedures.

The Hobby Horse Slide

Words and Music by David Fisher & Ken Frawley

Verse 1

(*Move to the right for 8 counts)
Clydesdales get together to work or play or feed
(*Move to the back for 8 counts)
Thoroughbreds get together for racing at top speed
(*Move to the left for 8 counts)
Hobby Horses get together and line-up side by side
(*Move to the front for 8 counts)
And spread out a bit, so you don't get hit
'Cause it's time for the Hobby Horse Slide

CHORUS

(Shuffle diagonally forward to the right)
Hobby Horse Slide
(Shuffle diagonally forward to the left)
The Hobby Horse Slide
(Sumo walk back for 4 steps)
It's the dance we're taking nationwide
(Grapevine to the right)
So, saddle up it's time to ride
(Spinning Grapevine to the left)
Everybody doin' the Hobby Horse Slide
(Jogging steps: Right, left, right, hold)
Hobby Horse Slide
(Jogging steps: Left, right, left, hold)
The Hobby Horse Slide
(Rock up, rock back, rock side to side)
Rock up, rock back, rock side to side
(Grapevine to the right)
So, saddle up it's time to ride
(Spinning grapevine to the left)
Everybody's doin' the Hobby Horse Slide

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