

WEDDING DANCE WORKOUT

Presented by Stephanie Materazzi

Electric Slide

Stand feet under the hips.

1. "Grapevine" to the right.
 2. Step to the right with your right foot.
 3. Step to the right with your left foot, crossing your left foot behind your right foot.
 4. Step to the right with your right foot.
 5. Close your left foot next to your right foot, gently tapping it on the floor. Keep your weight on your right leg. Clap your hands as you "tap" your left foot.
 6. "Grapevine" to the left:
 7. Step to the left with your left foot.
 8. Step to the left with your right foot, crossing your right foot behind your left foot.
 9. Step to the left with your left foot.
 10. Close your right foot next to your left foot, gently tapping it on the floor. Keep your weight on your left leg. Clap your hands as you "tap" your right foot.
 11. Take three steps backwards, starting with your right foot.
 12. Close your left foot next to your right foot, gently tapping it on the floor. Keep your weight on your right foot. Clap your hands as you "tap" your right foot.
 13. Step forward with your left foot.
 14. Tap your right toe behind your left heel.
 15. Step back with your right foot.
 16. Tap your left foot next to your right foot, keeping your weight on your right leg.
 17. Step forward with your left foot, turning your body 90 degrees to the left, or a quarter-turn.
- Repeat the entire sequence until the music stops.

Tips:

- Substitute a knee-lift or a kick for the taps
- Bend your knees and bounce a little on the grapevine steps
- Replace the hand claps with finger snaps for a fun variation

Cupid Shuffle

There is an intro beat that lasts for about 1 minute unless your DJ advances the song. You want to listen for the part that says, "Do ya dance?" and this is your cue to start.

1. Step 4 times to your right.
2. Step 4 times to your left.
3. You will hear the artist say, "Now, kick, now kick..." which is your cue to kick your right leg first, then the left, repeat a right leg kick, and one more kick with the left.
4. "Walk it by yourself" is heard in the song and you simply need to walk in place but turn yourself a 1/4 turn (or 90 degrees) to your left while you are walking in place. You want to end up facing another direction. If you start facing North then you would end up facing West.
5. Repeat the above steps and that's it!

The Chicken Dance

1. Hold your arms up in front of you, forming beaks with your thumbs and fingers. Open and close your "beaks" four times to the music.
2. Put your thumbs in your armpits and flap your elbows four times to the music.
3. Bend your knees and wiggle your hips four times to the music, placing your arms and hands like the tail feathers of a chicken.
4. Straighten your knees and clap four times, with the music.
5. Repeat steps 2 thru 5 four times.
6. Join hands with the person on each side of you and skip around in a circle to the music, reversing the direction of the circle once.

Repeat the entire sequence until the end of the song.

Cha Cha Slide

1. "Take it to the right!" or "Take it to the left!" Step to the RIGHT side crossing the LEFT foot behind the RIGHT, then bring the feet together. Step to the LEFT side crossing the RIGHT foot behind the LEFT, then bring the feet together.
2. "Take it back now!" Step back with the left foot, step back with the right foot, step back with the left foot, touch right foot beside left.

3. "One hop this time!" (Number of hops will vary.) Hop forward with both feet.
4. "Right (Left) foot let's stomp!" Stomp right (left) foot in front. (Add your own personality with your arms.)
5. "Now, Cha-Cha!" Cross the right foot over the left, step back with the left foot, step to the right with the right foot, step forward with the left foot.
6. "Turn it out!" Make $\frac{1}{4}$ turn to the left stepping to the right
7. "Let's Go to Work!" Make $\frac{1}{4}$ turn to the left into a grapevine right
8. "Clap your hands!" Clap your hands (fast) to the beat.
9. "Criss Cross!" Jump both feet out, jump and cross right over left, jump both feet out, jump both feet together.
10. "Slide to the left!" Step to the left with the left foot, slide right foot to meet the left. "Slide to the right!" Step to the right with the right foot, slide left foot to meet the right.
11. "Reverse, Reverse!" Jump to the opposite direction (jumping 180*)
12. "How low can you go?" You can do the classic limbo or twist down
13. "Bring it to the top!" Pull yourself back up to a standing position, waving your arms above your head.
14. "Hands on your knees!" With your hands crossing from knee-to-knee, bend your knees and bounce to the beat.
15. "Charlie Brown!" the jumps can be forward and back, or from LEFT to RIGHT while nodding your head, or turning your head from side to side
16. "Freeze!" Freeze and strike a pose...with attitude!

Tips:

- After the last step, the dance will begin again.
- There are several versions of this dance, but most of the steps will remain basic.
- Relax on the dance floor and have fun.