

Heatwave

Objectives

Grade	Objective
1 – 2	Demonstrate the chasses and step points in time to the music. Demonstrate an arm action to co-ordinate with the twists Identify what decade “Heatwave” is from
3 - 6	Demonstrate three dance steps in time to the music. Demonstrate an arm action to co-ordinate with a basic square Dance with a partner or small group and create two new moves for the introduction Identify the different steps by name. Identify what decade “Heatwave is from”

Lesson Summary

🎵 “Heatwave” by Martha Reeves and The Vandellas

🕒 Total Lesson Time: 80 minutes

Learn a simple line dance to the 1963 release of “Heatwave” by Martha Reeves and The Vandellas. Locomotive and non-locomotive movements from the Motown era are used in this dance. The dance is especially suitable for younger grades.

- Begin the lesson with a warmup
- Learn the steps progressively in Activity 1 and 2
- Perform the full dance to music in Activity 3
- Learn variations in Activity 4. Suitable for slightly older grades
- Dance with a partner or in a group in Activity 5. Suitable for slightly older grades
- Create new choreography in Activity 6

Dance Summary

The dance repeats three times. “Chasse and Step Points” is not danced on the second repetition.

Chasse and Step Points
Basic Square
Twists
Pony
Swim

Activity 1: Learn the Steps

🕒 10 minutes

Chasses and Step Points: 16 counts

Instrumental

- (a) Chasse to Right: “Right, Close, Step, Touch/ Left, Close, Step, Touch”
[1&2 3&4]
- Turning slightly to the right, step right foot to side [1]
 - Close left foot to right foot [2]
 - Step right foot to side [3]
 - Touch left foot to right foot [4]
 - Turning slightly to the left, step left foot to side [5]
 - Close right foot to left foot [6]
 - Step right foot to side [7]
 - Touch right foot to left foot [8]
- (b) Step Points: “Step Point Step Point”
[4 counts]
- Step right foot to the side [1]
 - Touch left foot to right foot while swinging right arm upwards, to point forward [2]
 - Step left foot to the side, while bringing right arm down [3]
 - Touch right foot to left foot while swinging left arm upwards to point forward [4]
- (c) Repeat

Basic Square: 16 counts

Lyrics: “Whenever I’m with him...”

- (a) Basic Square
[4 counts]
- Step right foot across left foot [1]
 - Step back on left foot [2]
 - Step to side on right foot [3]
 - Step forward on left foot [4]
- (b) Repeat three more times

Activity 2: Learn the Steps

🕒 10 minutes

Twists: 8 counts

Lyrics: Could it be the devil in me...

(a) Twisting from the hips twist your body to the right and left

Pony: 8 counts

Lyrics: Just like a heatwave...

(a) Step Ball Change: “Pony Up, Pony Up”
[4 counts]

- a. Step right foot to side, while bringing right arm above head [1]
- b. Step left foot immediately behind right foot without putting heel down [&]
- c. Replace right foot, while taking right arm down [2]
- d. Step left foot to side, while bringing left arm above head [3]
- e. Step right foot immediately behind left foot, without putting heel down [&]
- f. Replace left foot, while taking left arm down [4]

(b) Repeat

Swim: 8 counts

Lyrics: I can't keep from crying...

(a) Step Ball Change: “Swim, Swim”
[1&2 3&4]

- a. The footwork for this is exactly the same as for the “Pony”
- b. Step right foot to side, while bringing right hand past right ear, to end pointing forward with palm facing down [1]
- c. Step left foot immediately behind right foot without putting heel down, while right arm remains pointing forward [&]
- d. Replace right foot, while taking right arm down [2]
- e. Step left foot to side, while bringing left hand past left ear, to end pointing forward with palm facing down [3]
- f. Step right foot immediately behind left foot without putting heel down, while left arm remains pointing forward [&]
- g. Replace left foot, while taking left arm down [4]

(b) Repeat

Activity 3: Perform the Dance

🕒 5 minutes

Perform the whole dance through to music. Starting with “Chasses and Step Points”, the routine repeats twice. After another “Chasses and Step Points”, the routine is performed a final time.

Step	Count	Lyrics
1. Chasses and Step Points	16	Instrumental
2. Basic Square	16	“Whenever I’m with him...”
3. Twists, Pony, Swim	24	“Could be the devil in me...”
4. Basic Square	16	“Whenever he call my name...”
5. Twists, Pony, Swim	24	“Has high blood pressure got a hold on me...”
6. Chasses and Step Points	16	Instrumental
7. Basic Square	16	“Sometimes I stare in space...”
8. Twists, Pony, Swim	24	“How that funny feeling has me amazed...”

Activity 4: Variations

🕒 15 minutes

These variations build on steps learned in the routine. They are suitable for more advanced classes.

Turning the Basic Square: 16 counts

- On each square turn $\frac{1}{4}$ turn to the right on the first step right foot across left.
- Repeat for a total of four times to end facing the front again.

Open Turn to Right and Left: 8 counts

- Open Turn to the Right
[4 counts]
 - Step right foot to the side [1]
 - Step left foot across right foot, while turning $\frac{1}{2}$ turn to the right [2]
 - Step right foot across left foot, while turning $\frac{1}{2}$ turn to the right [3]
 - Touch left foot to right foot, and clap [4]
- Open Turn to the Left
[4 counts]
 - Step left foot to side [5]
 - Step right foot across left foot, while turning $\frac{1}{2}$ turn to the left [6]
 - Step left foot across right foot, while turning $\frac{1}{2}$ turn to the left [7]
 - Touch right foot to left foot, and clap [8]

Activity 5: Dance with a Partner

🕒 20 minutes

Mirroring

By facing a partner you can dance this routine using mirroring. Partner A would start on the right foot in Activity 1 and partner B would start with the left foot.

Opposites

By facing a partner you can dance the same routine using opposites. Partner A and B would start on the right foot and move slightly away and then towards each other.

Activity 6: Create New Choreography

🕒 20 minutes

Partner Exercise

- (a) Collaborate with a partner to create new steps for 16 counts, based on any of the Motown components learned in this lesson, or in any other in the Unit.
- (b) Share. Three or four partners at a time.

Group Exercise

Work in small groups, instead of partners. Because the dance repeats three times, each repetition can be choreographed by a different group. Each group can therefore choreograph a 40 count section (10 bars).

- (c) Divide the class into three groups, and number them 1 through 3. Select a captain of each group.
- (d) Each team member choreographs 8, 12, 16, or 20 counts. The total must equal 40 counts.
- (e) Each team member teaches their choreography to the rest of their group.
- (f) Share. Dance the dance from the beginning. The whole class dances the instrumental sections, and watches as each group dances their 40 bars