

SHAPE Washington Conference Groove Content

KEYNOTE		I.N.S.P.I.R.E.	
SONG NAME	ARTIST	THEME/PURPOSE/GENRE	MOVEMENTS/ACTIVITIES
Tribal Funk	Benjamin Bidlack	Creating Safe Space & Community	Clap & Sizzle ~ Stomp ~ Play the Drums ~ Jump & Groove
We Will Rock You	Queen	Rhythm and Rock 'n' Roll (and Math!)	Stomp Stomp Clap ~ Pump Pump Throw ~ Air Guitar ~ Add Numbers
Wipe Out	The Surfaris	Dramatic Play	Swimming Strokes ~ Surfboard Tricks ~ Deep Sea Diving
Hernando's Hideaway	Alfred Hause's Tango Orchestra	Tango/ Dramatic Play	Tango Walks ~ 1,2,3 Walk & Switch ~ Pick the Roses
Swift Sword	Tan Dun	Cool Down & Internal Focus	Bows ~ Fluid Arm Movements ~ Eyeball Dexterity, ~ Balancing ~ Levels ~ Locomotor Movements
The Sun	B-Tribe	Stillness	Still in Seat ~ Eyes Closed ~ Body Relaxed ~ Focus on Breath ~ Avoid Distractions
Don't Worry be Happy	Bobby McFerrin	Coming Back Together!	Snapping ~ Stretching ~ Gathering Together for Discussion
SESSION		"You Can't Get it Wrong!"	
SONG NAME	ARTIST	THEME/PURPOSE/GENRE	MOVEMENTS/ACTIVITIES
Corpus Rex	Safari Duo	Creating Safe Space & Community/Warming Up	Heavy Stomp, Play the Drums
Rock Mii	voXXclub - Alpin	German Folk/Rhythms/Body Connection	Stomp Stomp Clap ~ Body Percussion in different places on rhythm ~ Skip ~ Swing Your Partner
Geronimo	Sheppard	Cardio/Agility/Dodging/Community	Dodging Runs ~ High 10's with Partner ~ Double Hop ~ Squat on "bridge"
Proxy	Martin Garrix	Imagination (Pac Man)	Pac Man Walk ~ Powerful Poses ~ Freestyle "Groove Out" ~ Little Runs
Blue Danube	101 New Strings Orchestra	Waltz/Imagination	Sways ~ Waltzing ~ 3 Walks & Bow or Curtsee ~ Jumps ~ Spins
Feet of Flames	Irish Showtime Band	Irish Jig/Cardio/Connection	Heels (Front, Side, Back) ~ Skip ~ Swing Your Partner ~ Create Your Own Jig!
Downtown	Mackelmore	Urban-Hip Hop/Style/Teamwork	Hip Hop Poses ~ Bounce Side to Side ~ Point & Wave ~ Matrix ~ Drive the Car
Chariots of Fire	Synthesizer Syndicate	Control/Dramatic Play/Cooling Down	Everything in Slow Motion = Run ~ Dramatically Fall/Get Back up ~ Win Race ~ Celebratory Dance ~ Melt to Floor
Planet	Beth Quist	Stillness/Breath Connection/Internal Focus/Mindfulness	Laying on Floor ~ Eyes Closed ~ Body Relaxed ~ Focus on Breath ~ Avoid Distractions
Hello	Conkarah & Rosie Dalmah	Gathering and Coming Together!	Wiggle Fingers & Toes ~ Stretching ~ Come Up to Seated ~ High 5s with others