

# Dances in the 1960s

*(Please cut up the descriptions and give one to each group).*

## Group 1

### The Freddie

Lift your right arm and leg. Then lift your left arm and leg. It sounds very simple, but this is fun when done fast.

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## Group 2

### The Frug

Stand with your feet together and bend your knees slightly. Move your hips to the right, and then move them to the left. The movement should be in your hips, rather than your knees.

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## Group 3

### The Monkey

Bend your knees. Swivel your feet from left to right, putting your weight on the ball of your feet. With your arms, wave them up and down alternately, with your hands in a fist shape, in time to the music. You should look like a monkey climbing a tree!

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## Group 4

### The Shimmy

Shake your shoulders back and forth while holding the rest of your body still. Your arms should be held to the side with your elbows slightly bent.

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## Group 5

### The Swim

While your lower body is doing the twist, your arms are swimming and diving. Then hold your nose and pretend to be sinking underwater.