Name of Learner: ____________________________
Grade & Section: ____________________________
Name of School: ____________________________
Line Dance is a Country and Western choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows – facing either each other or in the same direction while executing the same steps at the same time. The dancers of this genre of dance are not in physical contact with one another.

The module has one lesson: Lesson 5 – Health Benefits of Participating in Physical Activities, such as Dancing. (PEH12FH-lg-i-6 and PEH12FH-li-j-7)

After going through this module, you are expected to:

1. Know the meaning and the patterns of a Line Dance;
2. Define the importance of a Line Dance;
3. Explain the benefits of physical activities, like line dancing, in managing one’s stress.

Choose the letter of the best answer. Encircle the correct answer of the following items.

1. In what is the best form of dance to get everyone on the floor and moving.
   A. Hip Hop   B. Line Dance   C. Ballet   D. None of the above

2. Line dances must be performed in a line
   A. True   B. False   C. Both A and B   D. Neither A nor B

3. Which is NOT a characteristic of a line dance?
   A. Everyone dances different routines but in line.
   B. The steps repeat themselves
   C. Everyone dances in a group.
   D. Everyone dances in a group and the steps are repetitive.

4. Why is line dancing attractive to new learners?
   A. Dances are easy to learn and steps are repetitive.
B. Dances are easy to learn with various movements.
C. Dances are more advanced and the steps are repetitive.
D. Dances are more advanced with various movements.

5. In the 1990’s the Achy Breaky became a popular line dance, thanks to a song with a similar title. Who was the country artist who sang “Achy Breaky Heart”?
   A. Billy Ray Cyrus  B. Travis Tritt  C. Alan Jackson  D. Toby Keith

**WHAT’S IN?**

**Lesson 5: Line Dance**

Physical activities, like dancing and other body kinesthetic routines, are conditions that allow human’s body to effectively cope with the demands of daily activities and to still have the energy to enjoy other leisure activities. That’s why engaging in different physical activities, such as dancing, is very effective to improve our body. According to WHO, having inactive and lazy lifestyle is considered a high-risk factor in the development of many non-communicable diseases.

Physical daily routines that involve any body movements of dancing caused by muscular contractions that result to the expenditure of energy. To participate with this physical activity, you should consider the principle of progression that starts with warm-up before going to vigorous routines.
**Directions:** Study the following pictures. Write your observations on the space provided.

<table>
<thead>
<tr>
<th><img src="image1.png" alt="Cheerleaders" /></th>
<th><img src="image2.png" alt="Cheerleaders" /></th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image3.png" alt="Cheerleaders" /></td>
<td><img src="image4.png" alt="Cheerleaders" /></td>
</tr>
</tbody>
</table>
WHAT’S NEW

Line Dance is a genre of dance wherein participants will perform the steps in lines or rows. Participants execute the dance steps in unison at the same time and face the same direction. There is rare interaction among people because all of them perform the same steps at the same time.

WHAT IS IT

The line dance is commonly performed to the tune of country music. However, it surprisingly did not originate from any country or western place. The steps and the manner of dancing were believed to have coined from folk activities in ancient times.

Another form believes to have contributed to this modern method is the Contra. Contra dancing is a folk dance in North America wherein the people joining in form two lines facing away from each other. Together, they perform a series of dance steps. It was only during 1980s that the art of line dancing has become popularly at tuned to country songs.

Most movements are performed using the legs and feet, while the advanced versions will include arms and hands. Count is the term used for the movements done in this form of dancing. A single count or a single step is equivalent to one music beat; hence for every movement or step a music beat is also taking place.
BASIC STEPS OF A LINE DANCE

Grapevine Right

Step to the right with your right foot
Step your left foot behind your right foot
Scuff your left heel to the left side of your right foot

Grapevine Left

Step to the left with your left foot
Step your right foot behind your left foot
Step to the left with your left foot
Scuff your right heel to the right side of your left foot
Walk Forward

Step forward onto your right foot
Bring your left foot up to your right knee, clapping your hands
Step forward onto your left foot
Bring your right foot up to your left knee, clapping your hands

Walk Backward

Step back on your right foot
Step back on your left foot
Step back on your right foot
Touch your left foot down, but don’t put your weight on it
Hips and Turn

Step to the left side with your left foot, shaking your hips twice to the left
Step to the right side with your right foot, shaking your hips twice to the right
Step back onto your left foot, shaking your hips once to the left
Step on your right foot, shake your hips once
Step on your left foot, shake your hips once
Do a quarter turn to the left, scuffing your right foot and then stepping on your right foot to start the dance all over again but facing another direction

https://dance.lovetoknow.com/Dance_Step_Diagrams
• A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time. Unlike circle dancing, line dancers are not in physical contact with each other.

• Line dancing is practiced and learned in country-western dance bars, social clubs, dance clubs and ballrooms. It is sometimes combined on dance programs with other forms of country western dance, such as two-step, western promenade dances, and as well as western-style variants of the waltz, polka and swing.

• Line dances have accompanied many popular music styles since the early 1970s including pop, swing, rock and roll, disco, Latin (salsa suelta), rhythm and blues and jazz.

• Line dancing is a form of dance that takes place with a group of people. Participants line up in rows and execute the same movements in a synchronized manner.

• Everyone dances alone, side by side, facing the same direction in lines or rows. Each dance consists of a sequence of steps that are repeated throughout the music. Although a variety of music may be used, the major emphasis is on country-and-western music.

• Line dancing involves people standing in lines and performing dance movements together. It consists of patterned foot movements that are usually performed to a number of counts per sequence, and then the sequence is repeated. The dances are done one-wall, two-wall, or four-wall.

• Now line dancing is considered an art form of its own, with its own terminology and standardized steps.
WHAT’S MORE

1. Practice until you familiarize the basic line dance steps.
2. Clap the rhythm to master it.
3. Record your basic dance performance and submit the video via online to your teacher.

WHAT I HAVE LEARNED

1. Now that you mastered the steps you will perform the dance with music “Achy Breaky Heart”.
2. Submit the video to your teacher via online.

GRADING RUBRICS

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Excellent (5pts.)</th>
<th>Good (3-4pts.)</th>
<th>Fair (1-2pts.)</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choreography</td>
<td>The steps are executed very well.</td>
<td>The steps are executed well enough.</td>
<td>The steps are executed fairly good.</td>
<td></td>
</tr>
<tr>
<td>Timing</td>
<td>The routines are synchronize with the music very well.</td>
<td>The routines are synchronize with the music well enough.</td>
<td>The routines are synchronize with the music fairly good.</td>
<td></td>
</tr>
<tr>
<td>Mastery</td>
<td>The dance is mastered by the performer very well.</td>
<td>The dance is mastered by the performer well enough</td>
<td>The dance is mastered by the performer fairly good.</td>
<td></td>
</tr>
</tbody>
</table>

Overall Total
1. Now that you have knowledge of the basic step pattern of this dance, create your own choreography thru video coverage and submit it via online to your teacher.

2. Improvised a recycled costume that you can use at home.

**GRADING RUBRICS**

<table>
<thead>
<tr>
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<th>Excellent (5pts.)</th>
<th>Good (3-4pts.)</th>
<th>Fair (1-2pts.)</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Own Choreography</td>
<td>The performer shows unique choreography.</td>
<td>The performer shows new choreography.</td>
<td>The performer shows common choreography.</td>
<td></td>
</tr>
<tr>
<td>Timing</td>
<td>The routines are synchronized with the music very well.</td>
<td>The routines are synchronized with the music well enough.</td>
<td>The routines are synchronized with the music fairly good.</td>
<td></td>
</tr>
<tr>
<td>Costume/Overall Creativity</td>
<td>The recycled costume is very creative.</td>
<td>The recycled costume is creative enough.</td>
<td>The recycled costume is fairly creative.</td>
<td></td>
</tr>
</tbody>
</table>

**Overall Total**
1. How can you define Line Dance in one paragraph by your own reflection?
2. What is the importance of learning a Line Dance?
3. How this genre of dance will help you in terms of having a healthy lifestyle?
**Additional Activity**

**Directions:** Click and watch the youtube link below for a line dance video tutorial. And, follow the instructions of the activity.

https://www.youtube.com/watch?v=EAP1E-B5qk8

1. Describe the mood of the dance, the music, and the movement of the performer.
2. Submit your answer in word via online to your teacher.

**Answer Key**

**What I Know:**

1. B
2. A
3. A
4. A
5. A

**What’s In:**

Answers may vary (Observational Task)

**What’s More:**

Output Based (Performance Task)

**What I have Learned:**

Output Based depending on the Rubrics (Performance Task)

**What I Can Do:**

Output Based depending on the Rubrics (Performance Task)

**Assessment:**

Answers will vary (Reflective Task)
References
Online
https://www.slideshare.net/Melvolio/line-dancing-23379499

https://dance.lovetoknow.com/Line_Dance_Step_Sheets

https://www.youtube.com/watch?v=EAP1E-B5qk8
Here the trees and flowers bloom
Here the breezes gently Blow,
Here the birds sing Merrily,
The liberty forever Stays,
Here the Badjaos roam the seas
Here the Samals live in peace
Here the Tausogs thrive so free
With the Yakan in unity

Farewell, dear Fatherland, clime of the sun caress’d
Pearl of the Orient seas, our Eden lost;
Gladdly now I go to give thee this faded life’s best,
And were it brighter, freer, or more blest
Still would I give it thee, nor count the cost.

On the field of battle, mid the frenzy of fight,
Others have given their lives, without doubt or heed;
The place matters not-cypress or laurel or lily white,
Scaffold or open plain, combat or martyrdom’s plight.
T is ever the same, to serve our home and country’s need.

I die just when I see the dawn break,
Through the gloom of night, to herald the day;
And if color is lacking my blood thou shalt take,
Pour’d out at need for thy dear sake
To dye with its crimson the waking ray.

My dreams, when life first opened to me,
My dreams, when the hopes of youth beat high,
Were to see thy lovely face, O gem of the Orient sea
From gloom and grief, from care and sorrow free;
No blush on thy brow, no tear in thine eye.

Dream of my life, my living and burning desire,
All hail! cries the soul that is now to take flight;
All hail! And sweet it is for thee to expire;
To dye for thy sake, that thou mayst aspire;
And sleep in thy bosom eternity’s long night.

If over my grave some day thou seest grow,
In the grassy sod, a humble flower,
Draw it to thy lips and kiss my soul so,
While I may fee
That my ashes may carpet earthly floor,
Let the sun draw the vapors up to the sky,
And heavenward in purity bear my tardy protest

I am a Filipino, by Carlos P. Romulo

I am a Filipino—inheritor of a glorious past, hostage to the uncertain future. As such I must prove equal to a two-fold task—the task of meeting my responsibility to the past, and the task of performing my obligation to the future. I sprang from a hardy race, child many generations removed of ancient Malayan pioneers. Across the centuries the memory comes rushing back to me: of brown-skinned men putting out to sea in ships that were as frail as their hearts were stout. Over the sea I see them come, borne upon the billowing wave and the whistling wind, carried upon the mighty swell of hope—hope in the free abundance of new land that was to be their home and their children’s forever. I am a Filipino. In my blood runs the immortal seed of heroes—seed that flowered down the centuries in deeds of courage and defiance. In my veins yet pulses the same hot blood that sent Lapulapu to battle against the first invader of this land, that served Lakandula in the combat against the alien foe, that drove Diego Silang and Dagohoy into rebellion against the foreign oppressor.

The seed I bear within me is an immortal seed. It is the mark of my manhood, the symbol of dignity as a human being. Like the seeds that were once buried in the tomb of Tutankhamen many thousand years ago, it shall grow and flower and bear fruit again. It is the insignia of my race, and my generation is but a stage in the unending search of my people for freedom and happiness.