**Hula Pokey**

Grade Level: K-3

Location: classroom, open space where students can make a large circle (or a few circles)

Duration: approx. 2 min.

Equipment: computer with internet & projection capability

Directions: This dance is similar to the hokey pokey but uses hula music and a slower pace. It has a relaxing effect.

1. Pull up YouTube video on computer at: <http://www.youtube.com/watch?v=Qf34xlCPjWc>

2. Perform motions as directed in song. The order is:

* one hand in, 1 hand out, 1 hand in shake it all around, do the hula pokey and turn around
* 2 hands
* 1 foot
* 2 feet
* head
* bum
* hold hands
* everybody in, everybody out, shake yourself around, do the hula pokey and turn around
* this repeats 2 more times, going faster each time
* song ends with “sit down”

Source:

*The Hula Pokey - by ELF Learning*. (2012, June 12). Retrieved from YouTube: http://www.youtube.com/watch?v=Qf34xlCPjWc