



# JOIN THE ROCKET RULES #SHAKEmob CHALLENGE 2019

## BEFORE YOU BEGIN: #SHAKEmob DANCE

Not a dancer? Don't worry! Never done anything like this before? It's OK. We've got you covered.

The goal is to HAVE FUN while learning and reinforcing life-saving skills. Your job is not to “teach” students the dance (unless that's a skill in your wheelhouse, in which case, go for it!) Your role is to create a positive environment where learning about emergency preparedness and earthquake safety is both important and fun.

The DANCE VIDEO is how your students will learn the dance. Just make sure they have plenty of room to move freely, play the video and follow along. Also included is a CHOREOGRAPHY GUIDE that names all the dance steps in order, corresponding with the lyrics.

Most steps have ample repetition and many of the movements are borrowed from popular dance crazes like the Floss and Gangnam Style.

The choreography sequences help build locomotor skills and can be modified to fit students ability and mobility levels.

\* **FUN FACT:** The Safety Dancers in the dance video aren't Hollywood actors – they're real kids who had only three official rehearsals before filming this! We did this on purpose to prove that YOU CAN DO IT!

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### REHEARSALS

You know your students and your schedule best, so please do what works for you. Below are some practices and procedures that we've put into place to ensure a positive, successful performance for this age group.

The song and the movements may seem fast at first. Don't worry if it's hard to keep up. Have students follow along three times in a row. After the third time, they should be noticeably improved. Played three times a day (12 minutes total), students will be really shaking things up!

- Simply play the #SHAKEmob VIDEO and invite students to follow along with their onscreen peers.
- Practice daily – even just doing the dance once per day helps students retain the movements and serves as a group unifier.



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- Rotate students in rows, so everyone has a chance to be in the front.
- Reward focused, hard-working students with the role of Dance Captain, standing front and center as a guide to follow, for that rehearsal.
- Once students become more familiar with the choreography, try it without the video. Just use the SONG. You will need a sound system or decent speaker to amplify the music.
- After students have followed along with the video 10 times, announce a challenge to see who can remember the entire dance just from song alone, without the CHOREOGRAPHY GUIDE. Use the CHOREOGRAPHY GUIDE for a quick glance reminder of what step comes next. You can cue the students by calling out the next step. You can also hold up cue cards.
- Begin to practice where the #SHAKEmob will take place when you film it. Is it in the classroom? Multi-purpose room? Outside on the playground?
- Students should each have a specific “mark” – this is where they are placed while doing the dance.
- Remember to practice the very, very beginning of the dance. How will the students enter the space when the music starts? Same goes for the ending, what is their final pose? How do they leave the dancing space? Please be creative, but always keep an eye out for safety.

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### SAFETY TIPS

- Make sure students have plenty of open playing space away from valuables, corners, doors and hazardous objects.
- Place spot markers or tape evenly spaced.
- Protect students’ knees by dancing on padding, carpeting or grass. If hard surfaces are the only option, knee pads are recommended.
- Watch volume levels with the music, especially if children are near the speakers.
- Take water breaks!

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### REHEARSALS

Although we’ve provided you with a guide video for you to follow, our Challenge Judges love to see creativity, especially if it stems from the students themselves.

You may want to consider some of these ideas:



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### **The More the Merrier!**

Bring all the 2<sup>nd</sup> Grade classes together to do a huge school ShakeMob!

### **Mix it Up!**

Rather than tackling the entire dance, assign specific parts to individual students, pairs or groups.

### **Film on Location!**

Do the dance in different parts of the school and lifelike settings.

### **Shake Wars!**

If you have the capabilities, add animation or visual effects to your video!

### **The Show Must Go On!**

Perform for a live audience on the school stage. Dress up in costumes, create sets and wow the crowd!

### **FOR BONUS POINTS:**

Students can learn the lyrics and sing along with the dance!

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## RECORDING THE DANCE

Simply push record on your phone to capture the magic of your students doing the #SHAKEmob. From a filming standpoint, it's not necessary to channel your inner Steven Spielberg with angles, edits and effects. It's perfectly OK if the final product is simple. And it's OK if it's intricate and creative. We mostly want to see smiles, enthusiasm, inclusion and accuracy.

Here are a couple of tips to help your video submission be the best it can be:

- Practice recording at rehearsals so you get familiar with what looks best.
- If filming on a smartphone, hold the phone in landscape view.
- To avoid the "shaky camera look" prop the recording device on a tripod, fence, table or any other fixed item.
- When filming a very large group, it helps to have the camera elevated higher.
- For students who don't have media releases, please don't film their faces and position them towards the back where their facial features are harder to recognize. Or have them wear a baseball hat that shadows their features.