

Patterns

1. Let's practice different patterns.
2. Break off into groups and practice.
3. Each group will teach their routine.

Song - [Better When I'm Dancing](#) (Meghan Trainor)

Sample Routines

Routine 1

- 8 Doubles - Home (behind ball)
- Grapevine Right and tap sticks 4 counts in front of body
- Grapevine Home (tapping 4 counts)
- 8 Doubles
- Grapevine Left and tap sticks 4 counts in front of body
- Grapevine Home (tapping 4 counts)
- Repeat 3 more times

Sample Routines

Routine 2

- 8 single taps - right hand
- 8 single taps - left hand
- 8 Doubles - home (behind ball)
- 8 Jumping Jacks
- Double tap top, side, floor, side (2 times)
- 8 Doubles
- 8 Jumping Jacks
- Repeat 3 more times

Sample Routines

Routine 3

- 8 singles top of ball right hand
- Hop on your right foot around the ball to the right double tapping the ball - 8 counts
- 8 singles top of ball left hand
- Hop on your left foot around the ball to the left double tapping the ball - 8 counts
- Repeat 3 more times

Sample Routines

Routine 4

- 8 Doubles top of ball - home (behind ball)
- Side step right - tap front, back, front, back - 4 counts
- Side step back to home - tap front, back, front, back - 4 counts
- 8 Doubles on right side of ball
- Side step left - tap front, back, front, back - 4 counts
- Side step back to home - tap front, back, front, back - 4 counts
- 8 Doubles on left side of ball
- Repeat 3 more times