

# Dance of the Decades Study Guide

	1950's	1960's	1970's	1980's	1990's
<b>Fashion</b>	Poodle skirts, blue jeans, Bobby Socks, pony tails	Hot-pants, Go-Go-Boots, Tie-Dye shirts, Bee-hive	Leisure Suit, Afro, bell-bottoms, mini-dresses, shag haircut	Torn-Jeans, leg-warmers, fingerless gloves, big hair, mullet	Flannel shirts, baby doll dresses, baggy jeans, Doc Martens
<b>History</b>	Baby Boomers are born	Woodstock	War on Drugs	Reagan Era	Clinton-Lewinski, Columbine, OJ Simpson
<b>Artist</b>	Elvis (The King of Rock-n-Roll)	Beatles, James Brown (Godfather of Soul)	Bee-Gees, Donna Summer, Village People	Micheal Jackson, Madonna	MC Hammer, Janet Jackson, Vanilla Ice, NSYNC
<b>Dances</b>	Hand-Jive, Stroll, Bop, Hop	Mashpotato, Twist, Monkey, Jerk, Pony, Swim, Hitch-Hicker	Night-Fever, Bus Stop, Latin Hustle, Electric Slide, YMCA	Break-Dancing, Moon-Walk, Robot, Slam-Dancing. Vogueing	Electric Slide, Country Line-Dancing. Hip-Hop, The Macarena,
<b>Songs</b>	"Swing The Mood"	"Do You Love Me"	"Shake Your Groove Thing"	"Beat It"	"Hangn' Tough, Ice Ice Baby, Can't Touch This"
<b>Flexibility</b>	<ul style="list-style-type: none"> <li>• <b>Static stretching</b> - A stretch is held in a challenging but comfortable position for a period of time, usually somewhere between 10 to 30 seconds. Static stretching is the most common form of stretching found in general fitness and is considered safe and effective for improving overall flexibility.</li> <li>• <b>Dynamic Stretching</b> - Active movements of muscle that bring forth a stretch but are not held in the end position.</li> </ul> <p><b>Functional/Dynamic warm up</b> - a series of sport specific movements that are designed to prepare the muscles for performance and are done in a safe and controlled fashion. Dynamic stretching used but also movements to increase heart rate and increase blood flow which, in turn, warms up the muscles.</p>				