Cajun Two-Step Counting | Teacher Guide

K–2 | Louisiana Dance & Movement Lab | steady beat and weight shifts | 2–4 sessions of 35–60 minutes

Essential question

How can dancers use steady beat and weight shifts to investigate Cajun two-step as a social dance in southwest Louisiana while respecting its cultural context?

Cultural context

Cajun two-step as a social dance in southwest Louisiana. Use community-led sources; interpret rather than claim authenticity.

Learning targets

01. Execute and adapt steady beat and weight shifts while maintaining safety and rhythmic/expressive intentionality.

02. Identify community authorship and context for Cajun two-step as a social dance in southwest Louisiana.

03. Develop an original movement score with a recognizable beginning, transformation and ending.

04. Apply peer feedback and document one deliberate revision.

Materials

Open movement space, marked floor pathways, whiteboard, accessible chairs/supports, optional scarves, source-approved listening clip, paper movement score, consent-based recording device.

Differentiation

4-count phrases, imagery and teacher modeling; no required partnered touch. Use picture cards, seated gestures and oral reflection.

Ten-step teaching sequence

01. Engage: Watch or discuss a credited, age-appropriate example relevant to Cajun two-step as a social dance in southwest Louisiana; identify one observed movement and one uncertainty.

02. Investigate: Locate the tradition, historical period, community and purpose; distinguish a living dance from your own new composition. Research: https://www.louisianafolklife.org/lt/articles_essays/cajunzydeco.html

03. Skill Studio: Warm up safely and practice steady beat and weight shifts in three controlled variations, with seated/low-impact options.

04. Generate: Improvise three original movement phrases (4–8 counts each) exploring changes in energy, level, timing or direction.

05. Plan: Choose an idea, structure its beginning, contrast and ending, and document performer choice, accessible roles and consent.

06. Produce: Practice a non-contact four-count step pattern; adapt the beat to travel and stillness. Rehearse carefully with defined boundaries and artist/performer attribution.

07. Critique: Partners describe one specific observable choice, one cultural-context question and one respectful improvement.

08. Revise: Change a timing, transition, spatial choice or gesture in response to evidence; document before-and-after.

09. Present: Share 30–90 seconds (K–5) or 60–180 seconds (6–12) live or as a recorded/diagrammed score; cite the source and distinguish invented choreography.

10. Reflect: Explain steady beat and weight shifts, the cultural context, the revision and the next technical goal.

Teacher prompts

01. Who developed or sustains Cajun two-step as a social dance in southwest Louisiana?

02. What is observed versus invented in our steady beat and weight shifts study?

03. How can your dance communicate without copying a sacred or community-specific practice?

04. Which revision improved your movement choices?

Formative checks

Beginning: baseline four-count phrase and question. Middle: three movement trials and a source note. End: performance or movement score with revision evidence.

Safety and cultural care

No unsafe lifts, forced contact or required public performance. Warm up, establish clear floor boundaries and allow mobility adaptations. Cultural material from Black masking, Indigenous or sacred traditions is examined through primary sources, not reenacted without community partnership and permission.

Alignment

Louisiana dance arts strands: Creative Expression, Aesthetic Perception, Historical and Cultural Perspective, Critical Analysis. National Core Arts Standards Dance: Creating, Performing, Responding, Connecting. Exact grade/benchmark codes require local curriculum crosswalk.

Primary and contextual sources

https://doe.louisiana.gov/educators/instructional-support/planning-resources/k-12-arts-resources
https://www.louisianafolklife.org/lfp/main_prog_sugg_for_fieldw.html
https://www.louisianafolklife.org/lt/articles_essays/cajunzydeco.html

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