Cajun Two-Step Counting | Student Dance Brief

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

Your movement challenge

Practice a non-contact four-count step pattern; adapt the beat to travel and stillness

What to investigate

Cajun two-step as a social dance in southwest Louisiana

Technical focus

steady beat and weight shifts

Before you dance

01. Name one movement you observe in a credited source and one thing you do not yet know.
02. Show a safe four-count baseline phrase.
03. Experiment with three different movement qualities or spatial directions.

Create and improve

01. Plan a short original sequence with a beginning, a change, and an ending.
02. Apply steady beat and weight shifts and rehearse the movement challenge.
03. Request one observation and one question from a peer, then make one significant change.

Turn in

Movement score or sketch; three trials; final performance/filmed excerpt/accessible notation; source credit; annotated revision; reflection.

Reflect

01. How did steady beat and weight shifts improve from beginning to end?
02. Who is credited for the tradition?
03. Which movement is your own invention?
04. How did you make choices safe and inclusive?

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