Cajun Two-Step Phrase Lab | Teacher Guide

6–8 | Louisiana Dance & Movement Lab | eight-count phrasing | 2–4 sessions of 35–60 minutes

Essential question

How can dancers use eight-count phrasing to investigate Cajun social dance and live dance-hall traditions while respecting its cultural context?

Cultural context

Cajun social dance and live dance-hall traditions. Use community-led sources; interpret rather than claim authenticity.

Learning targets

01. Execute and adapt eight-count phrasing while maintaining safety and rhythmic/expressive intentionality.

02. Identify community authorship and context for Cajun social dance and live dance-hall traditions.

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

12–32 count compositional study, rhythm annotations, specific critique language and two contextual sources.

Ten-step teaching sequence

01. Engage: Watch or discuss a credited, age-appropriate example relevant to Cajun social dance and live dance-hall traditions; 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 eight-count phrasing 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: Compare a documented social-dance pattern with an original non-contact choreographic transformation; label both. 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 eight-count phrasing, the cultural context, the revision and the next technical goal.

Teacher prompts

01. Who developed or sustains Cajun social dance and live dance-hall traditions?

02. What is observed versus invented in our eight-count phrasing 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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