

Approximate
Teaching Time:
10-15 Minutes



Activity 3 Continued:

Mexican Hat Dance Steps

Your students should perform “The Mexican Hat Dance” with a partner. All they need to do is count to four and follow a basic rhythm. Start by standing with your feet together facing your partner and with your arms relaxed at your sides.

Step One

When the music starts, fold your left arm across your stomach and set your right elbow on your left hand so that your right hand has its palm opened to the audience. Move your right hand back and forth waving to the audience as you put your right heel out in front.

Step Two

Reverse step one so that your right arm rests across your stomach with your left elbow on your right hand. Now your left hand should have its palm opened to the audience. Again, wave your left hand back and forth as your left heel goes out in front of you.

Step Three

Repeat steps one and two four times.

Step Four

When the music changes, partners should grasp each other by hooking elbows. They skip around in a circle in the same direction for four beats. After four beats, partners hook opposite arms and skip in the opposite direction. (Have younger children ages 2-4 continue in the same direction.) Continue until the music from the start of the song resumes. Then begin the actions in Step One above.

“The Mexican Hat Dance” is a great way for children to exercise while experiencing the national dance of Mexico!