

Swingin' moves from the sixties



Want to learn the moves that inspired Hairspray? There are many instructional resources on Sixties dances available through your local bookstore, video store, library, or dance studio.

The Stricken Chicken

Bend arms so that both elbows stick out at a 90° angle. Move arms like wings while squeezing knees together, flapping them, and strutting around.

The Madison

Quickly step forward on left foot, tap right toe behind left foot and clap quickly. Quickly step back on right foot, quickly tap left toe to right, then quickly to the left, then to right. Repeat six counts until caller says 'hit it.' Twist arms apposite hips on toe taps.

The Hitchhike

With feet firmly placed, bend knees slightly and shake your hips. Place your hands at your sides and fist them, leaving thumb open and pointing up. Move arms up and down alternately, jerking your fist over your shoulder. Then, occasionally, jerk both fists together over one shoulder and jump to either side.

The Shake

Stand with one foot firmly in front of the other, stretch your arms out and swing from side to side while nodding your head. Shake your upper body from the hips, occasionally jumping to one side or the other.

