

00;00;15;03 - 00;00;34;23

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So what I'm going to do next week, guys, is I'm going to actually share my art form on how I represent each culture, which is the West African dance and the dance that I would like to share with you guys. It's called Kuku. Can you guys a kuku? All right. So I'm sure you guys like Kuku. Kuku what is that?

00;00;34;23 - 00;01;06;24

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Kuku what is that? Cook like a cuckoo bird or cuckoo clock. Like cuckoo in the head. Well, cuckoo is actually a traditional West African dance that dates all the way back to the early 400 B.C.. That's right. A long, long, long time ago. All right. And this dance is actually what I call a good luck charm dance in which the West Africans would actually perform the dance, sing the song when they are actually going out in the sea to do things like fishing, crabbing, catching, oysters, shrimping, all that good stuff.

00;01;06;43 - 00;01;27;40

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All right. And when they would come back, they would actually have a plenty full of catching. All right. So here we go. I want you to repeat after me. I'm going to actually teach you guys the song. First, I want to share with you the song. All right. So repeat after me. Skip those voices to one that I love being a mother.

00;01;27;46 - 00;01;43;44

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Yeah. Yeah. Hello? I love being a mother. Yeah, yeah. I love being a mom. Yeah, yeah. Oh, yeah, yeah. Oh, yeah, yeah.

00;01;45;59 - 00;02;22;40

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Good. But that ends with being a. Yeah, I love being a mom. Yeah. Yeah. I love being a mom. Yeah, yeah. Oh, yeah, yeah. Oh, yeah, yeah. Good. Yeah, yeah. Oh, yeah, yeah. Oh, yeah, yeah. The other yeah, yeah. Oh, yeah, yeah. Oh, yeah, yeah. Oh, my God. Clever for with that you guys interface I think.

00;02;25;40 - 00;02;50;02

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All right, so there is the song for Coucou. Now, what I'm doing is I'm actually show you guys a few moves ago along with that song we just sung. All right. But before we do that, I want to actually give you guys a quick stretch. I'm going to make sure we stretch our limbs really quick. Is so important to zoom before you do anything physical.

00;02;50;20 - 00;03;47;21

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All right. So just follow me. Rotate those shoulders back and forward. Switch. Does that. It's a little reach for the stars. Grab them all right and just take it off.

00;03;50;04 - 00;04;11;05

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All right. All right. I hope everyone is feeling all stressed up. I feel you feeling good. So before we get into the dance, I want to actually share some very key and important jewels about African dance before we start. Okay, so the first rule is to always remember to have fun, fun, fun, fun is rule number one. All right.

00;04;11;20 - 00;04;33;59

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Fun, fun, fun is rule number one. Okay. The second rule is that always remember to breathe deep breath in and out the entire time that you're performing this style of dance. Because when you start dancing, you'll notice that it actually takes every inch of your body from the top of my head. So the bottom line, I feel okay, we're using every nerve vessel, muscle, everything you can imagine.

00;04;33;59 - 00;04;57;43

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We want to use a lot of energy. We want to put out a lot of oxygen. So it's important to bring that back in. All right. Next thing is to remember this, that every step and first position. Okay. So I'm sure you know, some people in here, some of our class members might practice ballet dance before, which in what ballet first position is like that.

00;04;58;26 - 00;05;23;30

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Okay. But I once African dance style is actually then like this where your legs are actually spread shoulder width apart, knees slightly bent it okay because we had to stay ready or whatever you got to do. Okay. The next rule is to remember to practice good spacing. Okay. Spacing is so important. All right. Because guess what? If you're too close, what's going to happen?

00;05;24;13 - 00;05;43;23

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Boop. You hit somebody, and we don't want that to happen. All right, so I want everybody to go like this. And if you are touching someone or someone's touching you, that means you're too close. Okay. So make sure that you got the proper spacing. All right. The next one is just make sure that you give energy. Energy is important, okay?

00;05;43;24 - 00;06;08;42

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Energy. Energy. All right. And last but not least, remember to smile.

Smiling is so important because what this style of dance when we perform in current day times is basically to uplift the spirits of others. Okay, so when our audience is smiling, that's going to make them feel good. Okay. And that's what we want. All right. So just remember those key rules, and you'll do fine.

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All right. So we're going to go ahead and dove straight into it. All right. So the first step for Kuku. All right. So we're going to actually have our hands like this and praying position and we're going to start with in our first position. All right. And we want to actually have ballet skills and we're going to we want to just do the hands first.

00;06;31;00 - 00;06;51;03

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We want to go to the right, bring it back in the right, bring it back. And then we want to go to the left. Bring about the left it. Okay. That's the hands. The feet is here is the tools there. So you're going to slice it right, slide to the right and then to the lower and lower right.

00;06;51;25 - 00;07;20;38

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So we want to see video. Put those together, hands and the feet. All right. We're going to take it here. I'm going to go. Right, right, yeah, yeah, yeah, yeah, yeah, right. Yeah, right, right. Now we're going to go cuckoo. One, two, three, four. All right, so that's that. Number one. Grab it up for use as you got to step number.

00;07;20;38 - 00;07;47;44

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All right, everybody, take the rhythm and release out. All right. So step number two, I call it the Egyptian step. Okay. Because what you basically want to do is you want to take your hands like this and go out. Excuse me. Up, down there. And even Bobby here with it fair start. Okay, that's the hands. The feet is here.

00;07;48;36 - 00;08;12;12

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Right to the three left, to the right, to the left, to the back. So you just basically helping to right the three and the left to three. Okay. So see if you can put the hands and feet together. I know we can do it. You got it. Here we go. Five, six, five, six, seven. Go right to the left.

00;08;12;12 - 00;08;37;51

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To the right, to the left of the right to three. Left to the end. Very

good. All right. Yeah. Go give yourself a pat on the back. You got this there. Now let's do. All right. Make sure you think that. Deep breath in and release out. All right. So the next bit when we give you guys is called a jump rope step.

00;08;37;51 - 00;09;00;39

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I call it a jump rope step. All right. So what you basically do is you're going to take your hands like this as if you holding a jump rope in your hands. It is going to take you back and back in, just like you jump in a room. Okay? Very good. All right. That's the hands, not the feet.

00;09;01;09 - 00;09;25;39

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Very simple. What you going to do is you want to take your right foot. You just want to lift it up. Oh, you're going to hop on it. Okay, I'm going to leave leg and bring up the right. So right foot left, right, switch left with and let's put the hands with it. Right, left, right, left, right, left.

00;09;25;39 - 00;09;49;11

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And very good. All right, good job. Good job. All right. So the final step, I call it clap is out. Okay. So what are you gonna do is you're going to get in that first position. I told you about. You just going to put your left hand out, and you're going to play me. Meet your left hand with your right hand.

00;09;50;19 - 00;10;26;02

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Right hand on his right hand now. Clap says oh, clap says, oh, you got it. Clap says okay. Well says, oh, okay. That's my hands. Okay. The feet is a little different with the feet. You still in first position, but you're kind of taking that right foot and you turn it in almost like a ball leg. Then you want to bring it back up left and right, left out right there.

00;10;26;48 - 00;10;55;41

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All right. Let's put the hands with a clap. Yes. Oh, a pleasure to clap, Fifth and very good. All right, guys, there you have it. You have a cuckoo dance. So what we're going to do before we bring the music in, we're going to actually see if we can do the whole dance from step one, from the top, all the way to the fourth there.

00;10;55;56 - 00;11;39;05

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Okay, so we're here five, six, five, six, seven and right. Right, left, left and right, right and left. Go Google. Why so Egyptians

their whole. Oh yeah. Oh yeah. That real stare. Oh oh, oh. It's all your hands with your head last up clap says oh, got this oh, a button says oh yes. And a very good pose.

00;11;39;47 - 00;12;49;20

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Good, good. Yeah. Go ahead and take your ball. You. You did it. Cuckoo. There you have it. All right. So go ahead and breathe. And we're going to try with the music. All right? So put your hands together and nice little birds all over. There we go. Five, six, seven. And right, left, right. Go, go, go. Next step, clap jazz out one more time from the top.

00;12;49;21 - 00;13;49;09

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If you go right, left. Go, go, go. Steps double up and clap. Says I'll as take your polls. Take your while. All right, guys, there you have it. Calling it culture the whole Today with Africa. Dance with Nina. Hope you guys enjoyed it. Peace and love. Wow. Boys and girls. Wasn't that just amazing? We learned so much about the Gullah Geechee culture and the goal of Geechee people.

00;13;49;37 - 00;14;14;39

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We want to thank our very own Ms.. Nina for such a wonderful lesson and demonstration on whole brain, teaching the culture of Gold Geechee people as well as Gullah dance. Stay tuned as we bring you more lessons from engaging creative minds where we focus on arts, integrated teaching and learning. Thank you so much for watching. See you next time.