

Marty's Naming of Skanking Moves

Introduction: the following moves are performed to conscious reggae, old school reggae, folk and dancehall. The moves displayed in the video start out with locomotor movements and go into non locomotor movements before going back. These moves are easier and cater to a group that doesn't want to jump all around.

Island Walk- place one foot in front of the other, leading off with the dominant foot. This move has a bounce to the walk. The arms can be by the side or crossing. Feel free to use different variations and or pick the step up as the tempo in music picks up. The steps should count 1,2,3,4 on the way up and back, while performing task an easy way would be to count in your head and vibe to the beat.

Old man sway (sophisticated sway) - the feet are stationary as the body rocks from side to side, let one shoulder lead your body while the other is in opposition somewhat like the strong swimmer. Think of the old man at the back of the dance floor with not many moves but, just at the back of the crowd swaying.

Off Duty Lifeguard- during this sequence the dancer will move in the shape of a box or a diamond, you will lead off with the non-dominant foot. Step forward on non-dominant foot followed by dominant foot, and then cross the non-dominant leg behind the dominant foot, followed by a step back while masking box or diamond formation and follow the sequence.

Performance Cues:

Island walk: arms are in opposition to legs on walk, bounce step

Old man sway: head low, sway, rock

Off duty lifeguard: cross feet during side step, bounce