

"POCO LOCOS" Instructional Videos

Poco Loco dances are choreographed to specific songs. Each part of the song: the verse, the chorus, the bridge and the instrumental, have a set pattern that repeats each time that section of the song repeats. Poco Loco dances come in various formations: lines, circles, pairs, etc. They are easy to remember once they are learned because the movements are connected to each part of the song.

They are fun, and can be quite vigorous. After students have learned a Poco Loco, it can easily be used as a warm-up or an enjoyable alternative to running laps for cardiovascular endurance.

[Brain Boostin' Boogie Demonstration](#)

[Brain Boostin' Boogie Instruction](#)

[Cha Cha Challenge Demonstration](#)

[Cha Cha Challenge Instruction](#)



[Cotton-Eyed Joe Demonstration](#)

[Cotton-Eyed Joe Instruction](#)

Night Fever Hustle Demonstration

Night Fever Hustle Instruction

Beat It Demonstration

Corazon Espinado Demonstration

La Bomba Demonstration

Pencil Full of Lead Demonstration

Responsible Educators Accountable for Learning

Promoting quality physical education through accountability and access to resources

Top of Page