DPICS Dancing

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Thanks

- Thanks to Marta Shinn and Arlene Tumer whose presentation at the 2014 Iowa PCITTune-Up inspired me to incorporate more active play into my life and PCIT training.
Thanks to my co-presenters for joining me in another active play adventure.
Objectives

At the conclusion of the symposium, participants will:

- Experience the benefits of incorporating fun movement activities into their daily life.
- Be able to simultaneously dance and code DPICS.
Step 1 – Now we dance

https://www.youtube.com/watch?v=QHZR9SA5pOg
Step 2 - Now we code lyrics to song we danced to
Step 3 – Now we dance and code (advanced DPICS Dancing)
Caveat #1

- Most PCIT therapists don’t actually dance while they are coding.
Caveat #2

- Most parents don’t sing while you are coding.
- If a parent sings to their child while you are doing DPICS coding, you would not typically code the singing.
- The EXCEPTION is when the parent uses the “Clean-Up Song” as a directive for the child to clean up.
Hint #1 for coding lyrics

- Code the lyrics as though the person singing them is in an interaction with another person.
Hint #2: Remember your DPICS Priority Order

- Negative Talk (NTA)
- Direct Command (DC)
- Indirect Command (IC)
- Labeled Praise (LP)
- Unlabeled Praise (UP)
- Question (QU)
- Reflection (RF)
- Behavior Description (BD)
- Neutral Talk (TA)
DANCE
I am waiting.
Anne Meeker Watson

www.singplaylove.com/freesong
I am waiting.

TA

I am waiting.

TA

I am waiting.

TA

Now I clap my hands

TA
I am waiting.

TA

I am waiting.

TA

I am waiting.

TA

Now I stomp my feet.

TA
Now I clap my hands.
TA
Now I catch the stars.
TA
Now I stomp my feet.
TA
Now I clap my hands.
TA
I am waiting.
TA
I am waiting.
TA
I am waiting.
TA
Now I fancy pants dance.
TA
Now I catch the stars.
TA
Now I stomp my feet.
TA
Now I clap my hands.
TA
Now I dance with you.
TA
Wake Me Up Before You Go-Go
https://www.youtube.com/watch?v=plgZ7gMze7A

- Jitterbug
- no code
- Jitterbug
- no code
- Jitterbug
- no code
- Jitterbug
- no code
You put the boom boom into my heart

TA

You send my soul sky high when your lovin’ starts

TA

Jitterbug into my brain goes bang bang bang till my feet do the same

TA
But something’s bugging me

Something ain’t right

My best friend told we what you did last night

You left me sleeping in my bed
I was dreaming
TA
But I should’ve been with you instead
TA
Wake me up before you go-go
DC/NOC
Don’t leave me hanging on like a yo-yo
NTA
Wake me up before you go-go
DC/NOC
‘Cause I’m not planning on going solo
TA
Wake me up before you go-go
DC/NOC
Take me dancing tonight
DC/NOC
I wanna hit that high
TA
Yeah yeah
TA, TA
You get the gray skies outta my way
UP
You make the sun shine brighter than Doris Day
UP
You turned a bright spark into a flame

TA

My beats per minute never been the same

TA or UP?

‘Cause you’re my lady

TA

I’m your fool

TA
It makes me crazy when you act so cruel
NTA
Come on baby
TA
Let’s not fight
NTA
We’ll go dancing
IC/NOC
Everything will be alright
TA
Wake me up before you go-go
DC/NOC
Don’t leave me hanging on like a yo-yo
NTA
Wake me up before you go-go
DC/NOC
I don’t wanna miss it when you hit that high
TA
Wake me up before you go-go
DC/NOC
‘Cause I’m not planning on going solo
TA
Wake me up before you go-go
DC/NOC
Take me dancing tonight
DC/NOC
I wanna hit that high

TA

Yeah yeah yeah, baby

TAX4

Jitterbug

No code

Jitterbug

No code
- Cuddle up baby
- DC
- Move in tight
- DC
- We’ll go dancing tomorrow night
- IC/NOC
- It’s cold out there
- TA
But it’s warm in bed
TA
They can dance
TA
We’ll stay home instead
IC/NOC
Take me dancing tonight
DC/NOC
I wanna go get down
TA
You wanna come with me?
QU
My moves are world-renowned
TA
So good you won’t believe
TA
Oh, oh, oh
No code
All right

Some people, they got the big brains

They make all the computer games

Some people, they look so sexy

Pop and fizzle like a Pepsi
Some people, they got the money
TA
Drive around in Lamborghini
TA
I don’t need any of those things
TA
I just wanna dance like a mother******
NTA
Yeah
TA
I wanna go get down
You wanna come with me?
My moves are world-renowned
So good, you won’t believe
Oh, oh, oh
No code
Dance with me
DC/NOC
Dance with me please
DC/NOC
Dance with me
DC/NOC
Dance with me please
DC/NOC
Dance with me
Come on, please?
IC/NOC
Dance with me
DC/NOC
Dance with me please
DC/NOC
Come on
DC/NOC
Dance with me please?
IC/NOC
Or are you scared of these boogie feet?

Some people, seem mean and nasty

But I think they’re just unhappy

The body needs a good shakin’

To let the brain fill up with good vibrations
I wanna go get down
TA
You wanna come with me?
QU
My moves are world-renowned
TA
So good, you won’t believe
TA
Oh, oh, oh
No Code
Dance with me
DC/NOC
Dance with me please
DC/NOC
I’m gonna shake my butt
TA
Yeah
TA
That’s a guarantee
TA
My moves are such good luck
TA
You’ll win the lottery
TA
Oh, oh, oh
No code
- Dance with me
- DC/NOC
- Dance with me please
- DC/NOC
- Dance with me
- DC/NOC
- Dance with me please
- DC/NOC
- Dance with me
- DC/NOC
- Dance with me please
- DC/NOC
Beg for it
DC/NOC
Dance with me, please
DC/NOC
Come on, please?
IC/NOC
Dance with me
DC/NOC
Dance with me, please
DC/NOC
Come on
DC/NOC
Dance with me please
DC/NOC
Or are you scared of these boogie feet
NTA
Why waste your time and your mind?
QU
There’s no wrong, there’s no right
TA, TA
Koo Koo bananas unite
You got it
Life’s a hello, a goodbye
The last laugh, then you die
I boogie ‘cause I’m alive
You got it
TA
Are you scared of these boogie feet?
NTA
Better When I’m Dancing
Meghan Trainor

https://www.youtube.com/watch?v=t6PmB6tMBOc
Hmmm, hey
IC/NOC
Mmmm
no code
Hey!
IC/NOC
Don’t think about it.
NTA
- Just move your body.
- DC/COM
- Listen to the music.
- DC/NOC
- Sing “oh-ey-oh”.
- DC (some COM; some NC)
- Just move those left feet.
- DC (Do we count it as compliance if you move your right feet?)
Show the world you’ve got that fire.
DC/NOC
Fire
no code
Feel the rhythm getting louder.
DC/NOC
Show the room what you can do.
DC/NOC?
Go ahead.
DC/NOC
Get crazy.
DC/NOC
Anyone can do it.
TA or NTA
Sing “oh aye oh”.
DC
Show the world you’ve got that fire.

DC/NOC

Fire

not coded

Feel the rhythm getting louder.

DC/NOC

Show the room what you can do.

DC/NOC?
Prove to them you got the moves.

DC/NOC

Hey!

IC

I don’t know about you.

TA

But I feel better when I’m dancing.

TA
Yeah, Yeah
TA, TA
Better when I’m dancing.
not coded
Yeah, Yeah
TA, TA
And we can do this together
IC/NOC
Yeah, Yeah
TA, TA
Better when I’m dancing.
not coded
Yeah, Yeah
TA, TA
And we can do this together
IC/NOC
I bet you feel better when you’re dancing.

TA

Yeah, Yeah

TA, TA

When you finally let go and you slay that solo ‘cause you listen to the music sing “Oh-ey-oh”

DC/NOC
'Cause you’re confident babe
TA
And you make your hips sway.
BD
We knew that you could do it.
TA
Sing “Oh-ey-oh”
DC/COM (for a few of you)
Havana
Camila Cabello

https://www.youtube.com/watch?v=kYoOBmXm0
Hey
IC/NOC
Havana
no code
ooh na-na
no code
Half of my heart is in Havana
TA
ooh-na-na
no code
He took me back to East Atlanta
TA
na-na-na
no code
Oh, but my heart is in Havana
No code, TA
There’s somethin’ ‘bout his manners

TA

Havana

TA

ooh-na-na

no code

He didn’t walk up with that “how you doin’?” when he came in the room.

TA
He said there’s a lot of girls I can do with but I can’t without you.

TA, TA

I knew him forever in a minute that summer night in June.

TA

And papa says he got malo in him.

NTA
He got me feelin’ like ooh-ooh-ooh.

UP

I knew it when I met him.

TA

I loved him when I left him.

TA

Got me feelin’ like ooh-ooh-ooh

UP
and then I had to tell him I had to go
TA
Oh na-na-na-na-na-na
no code
Havana, ooh na-na
no code
Half of my heart is in Havana.
TA
Ooh na na
no code
He took me back to East Atlanta
TA
Ooh na na
no code
Oh but my heart is in Havana
TA
ooh na-na
no code
Jeffrey just graduated, fresh on campus, mm
BD, TA
Fresh out East Atlanta with no manners, damn
NTA, NTA
Fresh out East Atlanta

TA

Bump on her bumper like a traffic jam.

UP (if you think bump is a noun and this is a positive description of her booty)

COM or NTA (if you think bump is a verb)

Hey, I was quick to pay that girl like Uncle Sam

TA, NTA
Back it on me.
DC
Shawty cravin’on me.
TA
Get to diggin’ on me
DC/NOC
She waited on me
TA
Shawty cakin’on me.
TA
Got the bacon on me
TA
This is history in the makin’ on me
TA
Point blank, close range, that be

TA

If it cost a million, that’s me

TA

I was getting’ mula, man they feel me

TA, TA
Weren’t you the one who tried to break me with goodbye?

Did you think I’d crumble?

Did you think I’d lay down and die?

Oh no, not I

TA, TA
Brave
Sara Bareilles and Jack Antonoff
https://www.youtube.com/watch?v=QUQsqBqxoR4
- You can be amazing.
- IC/NOC
- You can turn a phrase into a weapon or a drug.
- IC/NOC
You can be the outcast.

Or be the backlash of somebody’s lack of love.

Or you can start speaking up.
Nothing’s gonna hurt you the way that words do.

And they settle ‘neath your skin

Kept on the inside and no sunlight, sometimes a shadow wins

TA, TA
But I wonder what would happen if you say what you wanna say

and let the words fall out
Honestly, I wanna see you be brave with what you want to say

TA, IC/NOC

And let the words fall out

IC/NOC

Honestly, I wanna see you be brave.

TA, IC/NOC

I wanna see you be brave

IC/NOC
Everybody’s been there.

TA

Everybody’s been stared down by the enemy.

TA

Fallen for the fear and done some disappearing

TA, TA

Bow down to the mighty.

DC/NOC
Don’t run.

NTA

Stop holding your tongue.

NTA

Maybe there’s a way out of the cage where you live.

Maybe one of these days you can let the light in.

IC
Show me how big your brave is.

DC

Say what you wanna say and let the words fall out

DC, DC

Honestly, I wanna see you be brave with what you want to say.

TA, IC

And let the words fall out.

IC
Innocence, your history of silence won’t do you any good.

TA, NTA

Did you think it would?

QU

Let your words be anything but empty.

DC

Why don’t you tell them the truth?
Say what you wanna say

And let the words fall out

Honestly, I wanna see you be brave with what you want to say

And let the words fall out
Shut Up and Dance

- https://www.youtube.com/watch?v=kVJ_u9AMJJr4
I Will Survive
Gloria Gaynor

https://www.youtube.com/watch?v=ldJyofgzSJM
At first I was afraid
TA
I was petrified
TA
Kept thinking I could never live without you by my side
TA
But then I spent so many nights thinking how you did me wrong
NTA
And I grew strong
And I learned how to get along
And so you’re back from outer space
I just walked in to find you here with that sad look upon your face
I should have changed that stupid lock
TA
I should have made you leave your key
TA
If I had known for just one second you’d be back to bother me
NTA
Go on now go
DC, DC
Walk out the door

DC

Just turn around now ‘cause you’re not welcome anymore

DC, NTA

Weren’t you the one who tried to hurt me with goodbye?

QU

Did you think I’d crumble?

QU
Did you think I’d lay down and die?
QU
Oh no, not I
TA, TA
I will survive.
TA
Oh as long as I know how to love I know I will stay alive
TA
I’ve go all my life to live.

I’ve got all my love to give

And I’ll survive.

I will survive.
Hey Hey
TA, TA
It took all the strength I had not to fall apart
TA
Kept trying hard to mend the pieces of my broken heart
TA
And I spent oh so many nights just feeling sorry for myself
TA
I used to cry.
But now I hold my head up high.
And you see me.
Somebody new
no code
I’m not that chained up little person still in love with you.

And so you felt like dropping in

And just expect me to be free

And now I’m saving all my loving for someone who’s loving me.
Go on now. Go.
DC, DC
Walk out the door.
DC
Just turn around now
TA
‘cause you’re not welcome any more
NTA
I will survive.

Oh as long as I know how to love I know I will stay alive.

I’ve got all my life to live.

I’ve got all my love to give.
And I’ll survive.

TA

I will survive.

TA
Lean on Me – Club Noveau version

- https://www.youtube.com/watch?v=lwlzcNLOogc
Marvin Gaye – Charlie Puth

- https://www.youtube.com/watch?v=igNVdIXhKcI
Move Up & Down
Mademoiselle Luna

https://www.youtube.com/watch?v=t4zckEYxDyA&start_radio=1&list=RDt4zckEYxDyA
I need everybody to join me.

I'm gonna teach you a dance.

It's not that difficult.

If I can do it, you can do it.
I’m gonna count.

TA

One, two, one, two, three

TA, TA, TA, TA, TA

Move to the right. Turn around.

DC, DC

Move to the left. Feel the ground.

DC, DC
- Shake your hips from side to side.
- DC
- Shake your booty and step aside.
- DC, DC
- Part two is like this.
- TA
- Wave your hands in the air.
- DC
Show yourself that you care.
DC
Then it’s up, up, down, down
TA
Up, up, down, down
TA, TA, TA, TA
Up, up, down, down
TA, TA, TA, TA
Move your body all around.

DC

OK, you’re doing fine.

TA, UP

Rock your body and row your boat.

DC, DC

Move your thumbs up and down like this y’all.

IC
Like this y’all.
no code
We gonna do all parts together.
IC
I’m gonna count one, two, one, two, three.
TA, TA, TA, TA, TA
Move to the right, turn around
DC, DC
- Move to the left, feel the ground.
- DC, DC
- Shake your hips from side to side.
- DC
- Shake your booty and step aside.
- DC, DC
- Wave your hands in the air.
- DC
Show yourself that you care.
DC
Then it’s up, up, down, down.
TA, TA, TA, TA
Up, up, down, down
TA, TA, TA, TA
Up, up, down, down
TA, TA, TA, TA
Move your body all around
DC
Are you tired?
QU
OK, we’re going to relax in a smooth way.
TA, IC
Relax
DC
- Up, up, down, down
- TA, TA, TA, TA
- Up, up, down, down
- TA, TA, TA, TA
- Up, up, down, down
- TA, TA, TA, TA
- Move your body all around.
- DC
Cha Cha - Chelo

https://www.youtube.com/watch?v=LF4djkKZ0Sw
DANCE Mom Meghan Trainor

https://www.youtube.com/watch?v=q-F3efxbXaE
Attention
Charlie Puth

https://www.youtube.com/watch?v=39qczKm9T1Y
Oh-oh, ooh

TA, TA

You’ve been runnin’ round, runnin’ round, runnin’ round throwin’ that dirt all on my name

BD, TA

‘cause you knew that I, knew that I, knew that I’d call you up

TA

You’ve been going round, going round, going round every party in LA

BD, BD
‘cause you knew that I, knew that I, knew that I’d be at one

TA

Oh

TA

I know that dress is karma, perfume regret

TA

You got me thinking ‘bout when you were mine

TA
Oh
No code
And now I’m all up on ya
TA
What you expect?
QU
But you’re not coming home with me tonight.
NTA
You just want attention.

You don’t want my heart.

Maybe you just hate the thought of me with someone new

Yeah, you just want attention

TA, NTA
I knew from the start you’re just making sure I’m never gettin’ over you

TA

What are you doin’ to me?

QU

What are you doin’, huh?

QU

What are you doin’?

QU