DPICS Dancing



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Thanks

• Thanks to Marta Shinn and Arlene Turner whose presentation at the 2014 lowa PCIT Tune-Up inspired me to incorporate more active play into my life and PCIT training.

Thanks

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=QHZR9S
 A5pQq

 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/wat ch?v=plgZ7gMze7A

- 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
- TA
- Something ain't right
- TA
- My best friend told we what you did last night
- TA
- You left me sleeping in my bed
- TA

- 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
- ODC/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
- ODC/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
- ODC/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
- O
- Move in tight
- O
- 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
- Take me dancing tonight
- DC/NOC

Boogie Feet by Kesha

https://www.youtube.com/watch?v=KCZZWBIKuYY

- 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
- TA
- Some people, they got the big brains
- TA
- They make all the computer games
- TA
- Some people, they look so sexy
- TA
- Pop and fizzle like a Pepsi
- TA

- Some people, they got the money
- TA
- Drive around in Lamborghinis
- 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
- 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
- O 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

- Come on, please?
- 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 boogle feet?
- NTA
- Some people, seem mean and nasty
- TA
- But I think they're just unhappy
- TA
- The body needs a good shakin'
- TA
- To let the brain fill up with good vibrations
- TA

- 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
- O 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
- O DC/NOC
- Dance with me please
- O 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?
- Dance with me
- DC/NOC
- Dance with me, please
- DC/NOC

- Come on
- O DC/NOC
- Dance with me please
- DC/NOC
- Or are you scared of these boogie feet
- NTA
- Why waste your time and your mind?
- There's no wrong, there's no right
- TA, TA

- Koo Koo bananas unite
- TA
- You got it
- TA
- Life's a hello, a goodbye
- TA
- The last laugh, then you die
- TA
- I boogie 'cause I'm alive
- TA

- You got it
- TA
- Are you scared of these boogle feet?
- NTA

Better When I'm Dancing Meghan Trainor

https://www.youtube.com/watch?v=t6PmB6tMBOc



- Hmmm, hey
- O

 IC/NOC

 IC/NO
- Mmmm
- no code
- Hey!
- O IC/NOC
- Don't think about it.
- NTA

- Just move your body.
- ODC/COM
- Listen to the music.
- ODC/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 .
- ODC/NOC
- Fire
- no code
- Feel the rhythm getting louder.
- ODC/NOC
- Show the room what you can do.
- DC/NOC?

- Go ahead.
- ODC/NOC
- Get crazy.
- ODC/NOC
- Anyone can do it.
- TA or NTA
- Sing "oh aye oh".
- DC

- Show the world you've got that fire.
- ODC/NOC
- Fire
- not coded
- Feel the rhythm getting louder.
- ODC/NOC
- Show the room what you can do.
- DC/NOC?

- Prove to them you got the moves.
- ODC/NOC
- Hey!
- 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 "Ohey-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=kYoO

<u>-BmXm0</u>



- Hey
- O 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
- o 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.
- UP
- I knew it when I met him.
- TA
- I loved him when I left him.
- TA
- Got me feelin' like ooh-ooh-ohh
- UP

- and then I had to tell him I had to go
- TA
- Oh 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
- ODC/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?
- QU
- Did you think I'd crumble?
- Did you think I'd lay down and die?
- QU
- Oh no, not I
- TA, TA

Brave Sara Bareilles and Jack Antonoff https://www.youtube.com/watch?v=QUQs qBaxoR4



- You can be amazing.
- O IC/NOC
- You can turn a phrase into a weapon or a drug.
- IC/NOC

- You can be the outcast.
- O IC/NOC
- Or be the backlash of somebody's lack of love.
- IC/NOC
- Or you can start speaking up.
- IC/NOC

- Nothing's gonna hurt you the way that words do.
- TA
- And they settle 'neath your skin
- TA
- 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
- TA
- and let the words fall out
- TA

- 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.

- Show me how big your brave is.
- O
- 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.

- Innocence, your history of silence won't do you any good.
- TA, NTA
- Did you think it would?
- Let your words be anything but empty.
- DC
- Why don't you tell them the truth?

- Say what you wanna say
- O
- And let the words fall out
- O
- Honestly, I wanna see you be brave with what you want to say
- TA, IC
- 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=IdJyof
gz\$JM



- 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
- ONTA

- And I grew strong
- TA
- And Hearned how to get along
- TA
- And so you're back from outer space
- TA
- I just walked in to find you here with that sad look upon your face
- TA

- 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
- O
- Just turn around now 'cause you're not welcome anymore
- DC, NTA
- Weren't you the one who tried to hurt me with goodbye?
- Did you think I'd crumble?
- QU

- Did you think I'd lay down and die?
- 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.
- TA
- I've got all my love to give
- TA
- And I'll survive.
- TA
- I will survive.
- TA

- 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.
- TA
- But now I hold my head up high
- TA
- And you see me.
- TA
- Somebody new
- no code

- Or I'm not that chained up little person still in love with you.
- TA
- And so you felt like dropping in
- DC or TA
- And just expect me to be free
- NTA
- And now I'm saving all my loving for someone who's loving me.
- TA

- 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.
- TA
- Oh as long as I know how to love I know I will stay alive.
- TA
- I've got all my life to live.
- TA
- I've got all my love to give.
- TA

- And I'll survive.
- TA
- I will survive.
- TA

Lean on Me – Club Noveau version

https://www.youtube.com/watch?v=lwlz cNLOogc

Marvin Gaye - Charlie Puth

https://www.youtube.com/watch?v=igN VdIXhKcl

Move Up & Down Mademoiselle Luna



nttps://www.yo utube.com/wa tch?v=t4zckEYx DyA&start radi o=1&list=RDt4z ckEYxDyA

- I need everybody to join me.
- IC
- I'm gonna teach you a dance.
- TA
- It's not that difficult.
- TA
- 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.
- O
- 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.
- O
- 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.

- Like this y'all.
- no code
- We gonna do all parts together.
- 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?
- 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=LF4 djkKZ0Sw

DANCE Mom Meghan Trainor



https://www.yo utube.com/wa tch?v=q-F3efxbXaE

Attention Charlie Puth

https://www.youtube.com/watch?v=39qc

<u>ZKm9T1Y</u>



- 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
- IA
- 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?
- But you're not coming home with me tonight.
- NTA

- You just want attention.
- NTA
- You don't want my heart.
- NTA
- Maybe you just hate the thought of me with someone new
- NTA
- 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?
- What are you doin', huh?
- What are you doin'?