

Dance Party

Tips:

- Practice counting 8 beats by clapping and counting to aloud to the music. Next, jump up and down while counting aloud to the music. Finally, jump up and down for 8 counts, clap for 8 counts, and then repeat until everyone understands how to count 8 beats of music.

It's time for a dance party!!! You're going to make this party ROCK by creating your very own dance.

You'll create a dance for 8 counts (beats) using the Dance Card to give you movement ideas.

Now it's time to practice! Start the music and let everyone perform their dance moves at the same time!

Then, let's put our moves together. First, you will perform your dance for 8 counts, this is followed by another of your family members showing off their moves.

Next, teach each other your dance moves, put them in a sequence and then complete the entire dance all together! Keep the music pumping and dance!



Dance Party Style Ideas



Endzone Dance	Robot Dance	Basketball Dance	Disco Dance	Air Guitar Dance	Dabbing Dance
Superhero Dance	Tiptoe Dance	Floss Dance	Freestyle Dance	The Worm Dance	Break Dance