

SUMMER Movement at home

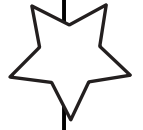




Color in the stars as you complete the tasks








IMPROVISATION

-  Dance whenever you hear music
-  Dance with only your arms and head
-  Dance to your own beat
-  Dance while getting ready for bed
-  Dance in the rain or under the stars






DECADES

-  70's disco
-  50's Jitterbug
-  80's Egyptian, Breakdance
-  MC Hammer style
-  2000's boy band style




CHOREOGRAPHY

-  Create a space travel dance
-  Dance 5 different feelings, such as excited, scared, irritated, hungry, sad
-  Dance only backwards in a zig zag
-  Shadow your pet's movements
-  Dance using only nonlocomotor movements

DANCE PARTY

-  Dance like it's your birthday for 3 songs in a row
-  Do the Chicken Dance
-  From one end of your home to the other
-  Dance to "Old Town Road"
-  2010 Party Rock Anthem
<https://www.youtube.com/watch?v=ANXo7cum0L4>

SHAPE WORK

-  Dance like a giant banana
-  Let your hands dance like feet and your feet dance like hands
-  Stretch and shrink in all directions with your entire body
-  Dance big and small, under and over something
-  Make interesting shapes, then create your own movements in those shapes

