

**MY NAME IS\***

\_\_\_\_\_

**and**

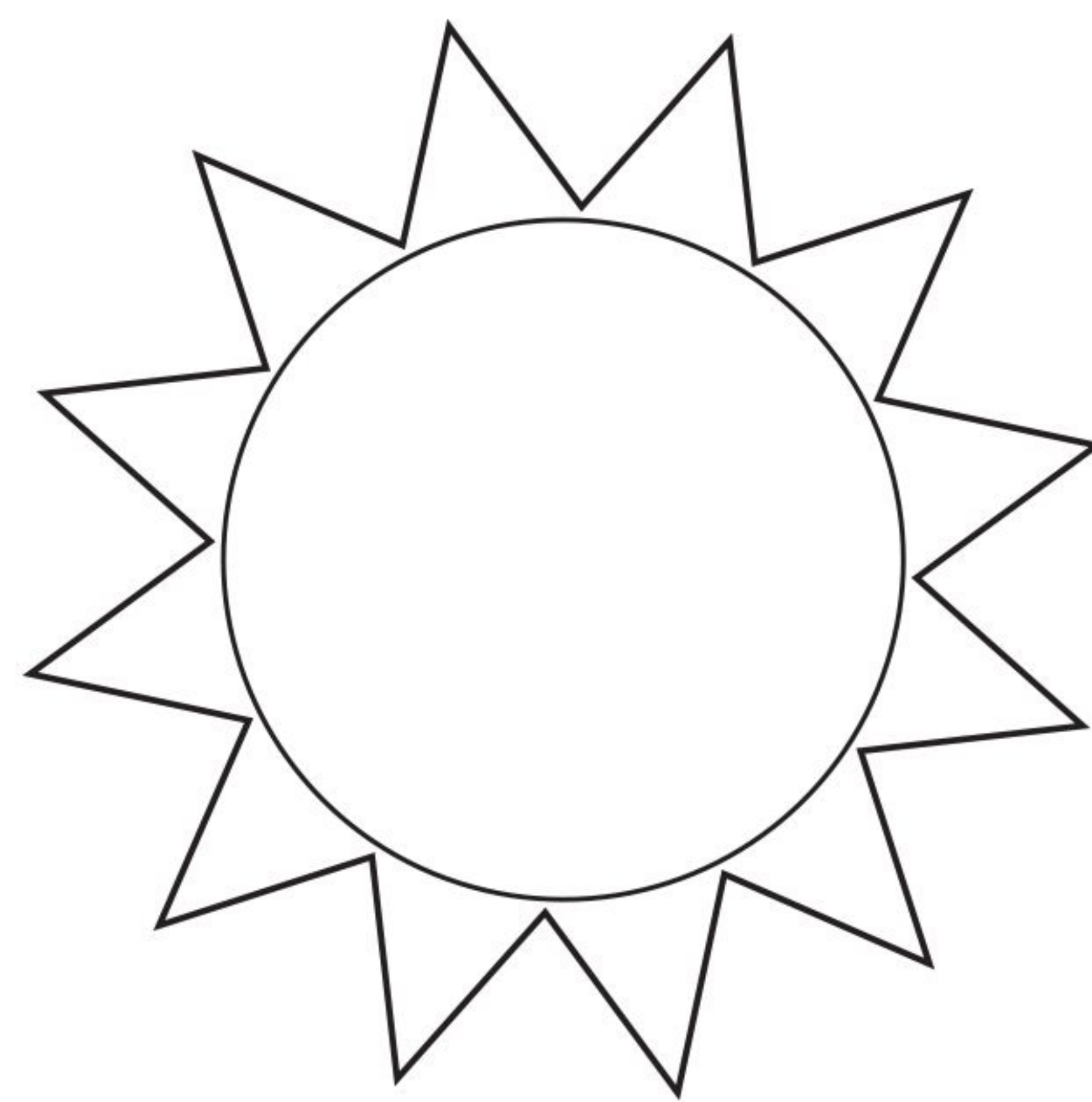
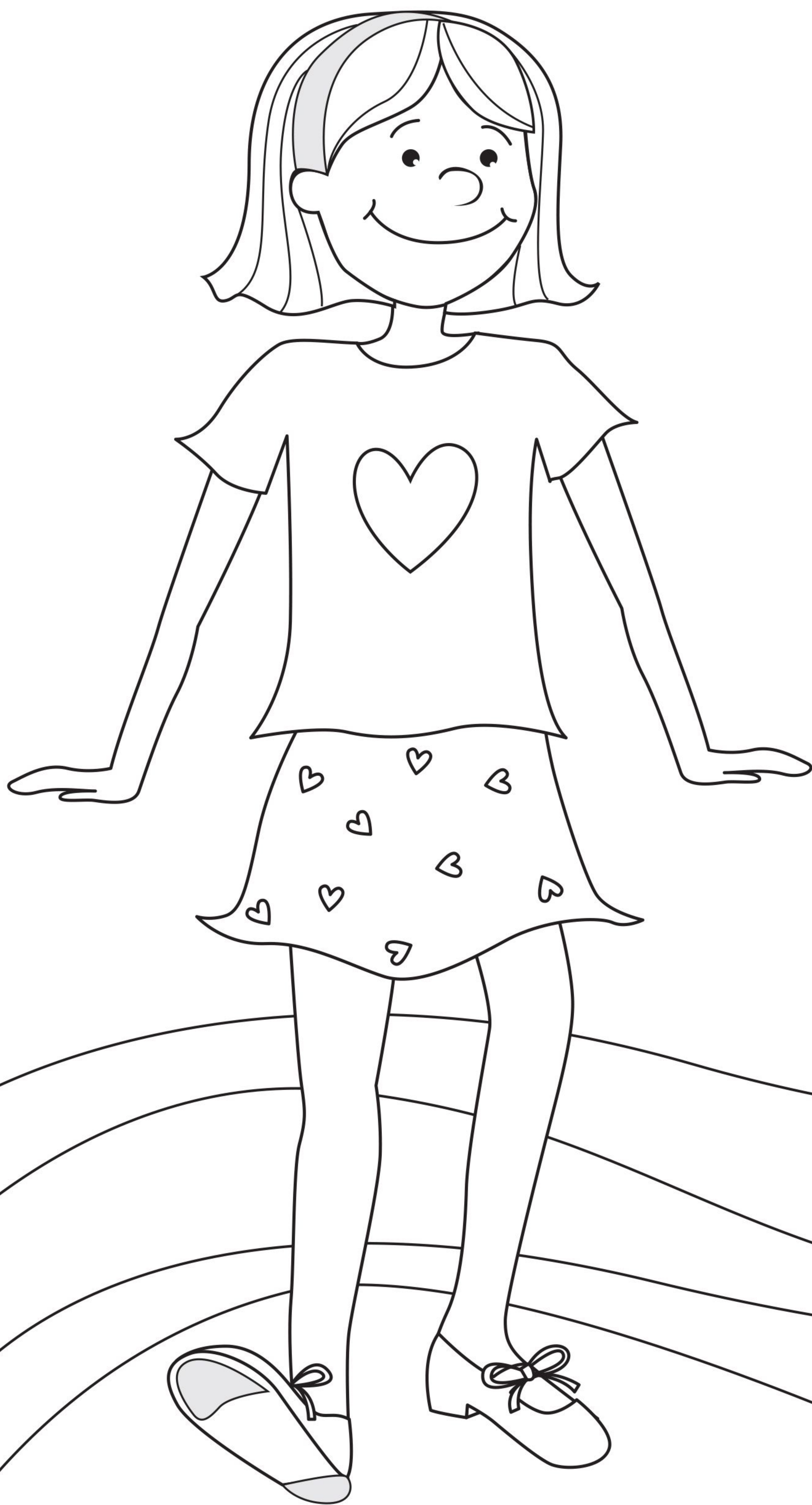
**I LOVE  
DANCING**

**at**



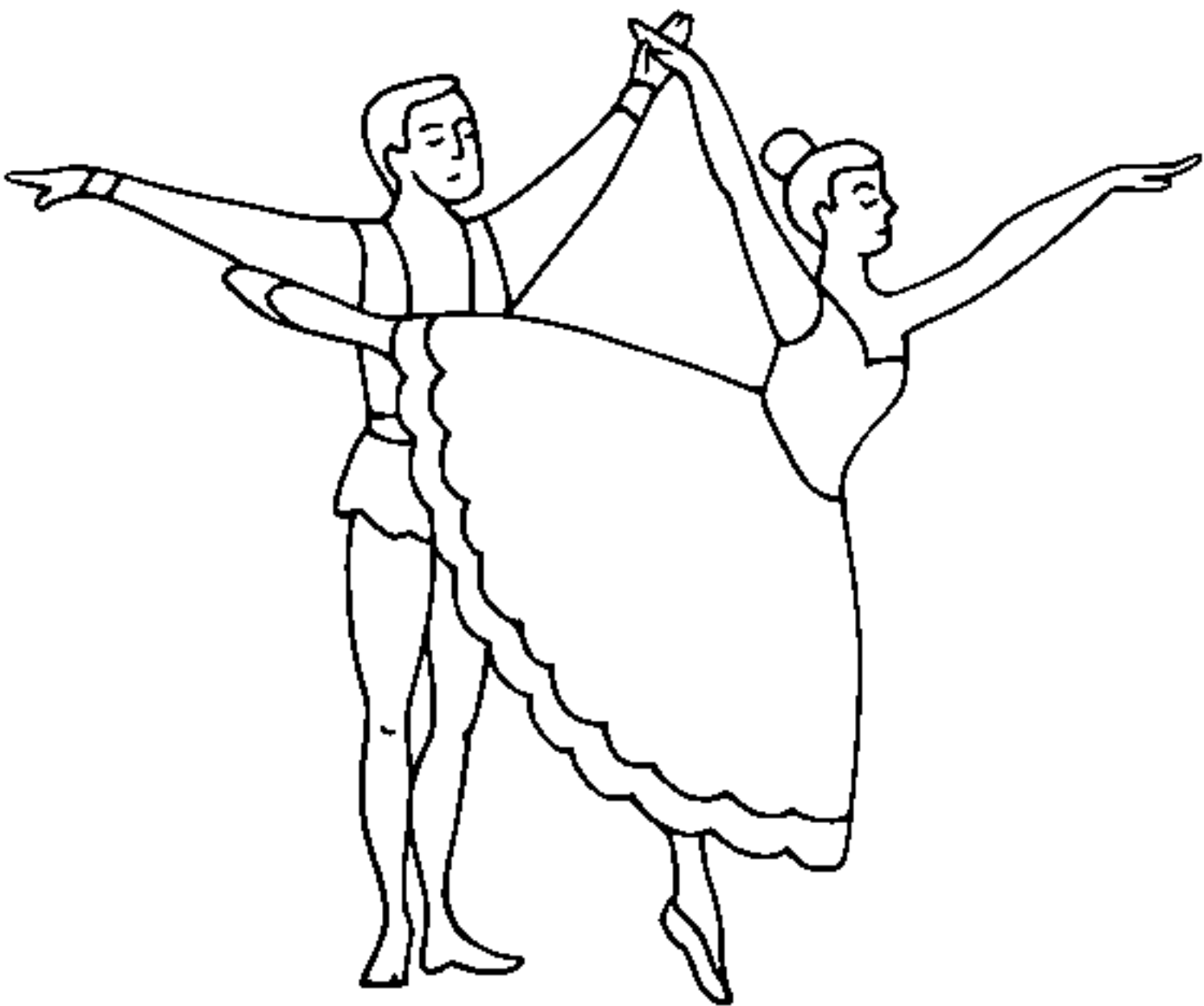


# HEEL DIG



**Flex your foot  
out in front  
then place your  
heel tap down.  
Lift your knee  
then drop your foot  
to make the  
heel dig sound.**



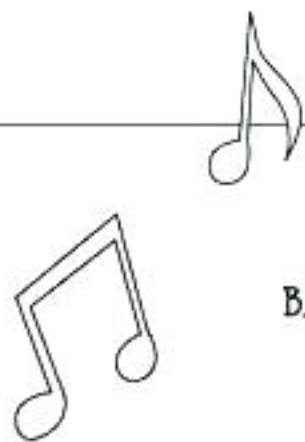




# TAP SHOES

Center Stage  
*Dance*

When I tap  
I make music with my feet,  
shiny metal taps  
help me hear the beat.  
Learning to dance this special way  
makes me happy every day!



BALL TAP

HEEL TAP

TOE TIP



# Let's Dance!

PRACTICE RECITAL VIDEO/MUSIC 10 MINUTES	FIND & FOLLOW US ON INSTAGRAM/FB	32 COUNTS OF IMPROV IN FRONT OF SOMEONE	SHARE A POST FROM OUR BLOG, FB, AND/OR IG	PERFORM RECITAL DANCE FOR SOMEONE WHO ISNT FAMILY
WATCH A DANCE MOVIE	DESIGN A DREAM DANCE COSTUME	10 BURPEES 10 SIT UPS 10 JUMP JACKS X3	PRACTICE YOUR SPLITS FOR 10 MINUTES	CREATE A DANCE AT HOME
10 MINUTES OF QUIET ALONE TIME	3 RANDOM ACTS OF KINDNESS	<i>Free</i>	TAKE A SOCIAL MEDIA BREAK	SET A DANCE GOAL YOU CAN ACCOMPLISH BY FALL
FIND A STAGE DANCE ON IT	PRACTICE YOUR PERFECT BALLET BUN	ACTIVELY STRETCH FOR 10 MINUTES	HUGGED MY PARENTS	RESEARCH A DANCE LEGEND
PRACTICE RECITAL DANCE(S) 4 DAYS IN A ROW	SPEND SOME TIME WITH NATURE	DECLUTTERED MY SPACE	HOLD A 1 MINUTE PLANK WITH SOMEONE	TELL YOUR STORY SHARE WHY YOU DANCE WITH SOMEONE

Complete up to two squares per day! Go for Bingo or Black Out!  
Turn your completed card into the studio office for a prize.



# Discover Dance

## Create-a-Dance

Items needed: Dice

1. Directions: Alternate between rolling 1 and 2 dice.
2. List the number rolled and action that matches the number in the spaces provided.
3. Put the movements together to create your own one-of-a-kind dance!

### Key:

1 - Leap

4 - Jump

7 - Move Slow

10 - Roll

2 - Pose

5 - Freeze

8 - Shake

11 - Stretch

3 - Turn

6 - Move Fast

9 - Melt

12 - Rise

Number:

Action:

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