

WEEK #2 / 6-8 / ACTIVITY #2

DANCE YOUR NAME EXERCISE!

Objective: a great simple warm-up or lead-in to teaching choreography.

Direction:

1. Have the class stand in a circle.
2. Instruct the students that one by one they are to step into the circle and spell their first name in the air using their body parts. The body parts they need to use must go in order from top to bottom:

1st Letter: Head

2nd Letter: Arm

3rd Letter: Hips

4th Letter: Knee

5th Letter: Foot

(then repeat if there are more than 5 letters)

3. The game ends when everyone has had a turn!

LAKE WORTH PLAYHOUSE