

# 1-2-3 DANCE



## EQUIPMENT >>>

- ✓ Music with a strong 8 count beat

## SET UP >>>

- ✓ Participants stand a safe distance apart from each other in the activity area.

## ACTIVITY >>>

- ✓ Introduce participants to the following dance movements:
  - Jump 'n' Wave: participants jump up and down on both feet while waving raised arms from left to right above their heads.
  - The Twist: participants stand with feet shoulder-width apart and arms at the side, elbows bent while twisting the body from left to right, squatting down toward the ground then standing up.
  - Disco Fever: participants stand with their feet apart and alternate pointing their right arm down across the left hip and then stretching their arm (finger pointed) diagonally up to the right.
- ✓ When the music starts, participants complete the sequence of dance movements in the order presented in the Set-up for eight counts each for the duration of the song.
- ✓ Consider creating additional dance movements or changing the order of the movements.