

ARTS FOR ALL

Virtual Y Arts: Dance Class
YMCA OF PIERCE AND KITSAP COUNTIES



Family Dance Time!

Ages: Whole family

Time: 15 minutes

Supplies/ Materials:

- A device to play music on
- Space to dance!

1. Warm-up

- Jumping Jacks – 2 eight counts
- Grapevine right and left – 2 eight counts
- Three Step Turn – 2 eight counts
- Step side to side – 2 eight counts
- Step out and slide right then left – 2 eight counts
- Snake body right to left – 2 eight counts
- Repeat all of the above

2. Stretching – stand in a circle and have one person show the stretch and the others should copy. You can even take turns with different leaders

- Jumping Jacks – 2 eight counts
- Grapevine right and left – 2 eight counts
- Three Step Turn – 2 eight counts
- Step side to side – 2 eight counts
- Step out and slide right then left – 2 eight counts
- Snake body right to left – 2 eight counts
- Repeat all of the above

3. Across the Floor

- Freestyle walk across to the other side
- Grapevine to the right, grapevine to the left
- Step, jump together and clap starting with right foot. Try traveling backwards when coming back across the space
- Battements (kicks) - Step forward on your left foot and brush your right foot forward. Focus on keeping legs straight and toes pointed.

4. Choreography

- Step jump together with a clap starting on the right foot, then left, for 2 x 8 counts
- Punch twice with left hand to the left, repeat right
- Lower your right shoulder, then left shoulder, bring up your right shoulder, then your left
- Swing your right arm open to the right, repeat on the left. Jump twice. Repeat.
- Freestyle with family!
- Repeat all of the above and end with pose!
- Share your dance on social media to encourage others to stay active while at home

Find this lesson on YouTube here:
youtu.be/Gt9-mEo3F6Y