

Name Dance!

Directions: Using the code below, create your name dance.

Level 1: Use the first letter of your first name and the first of your last name. Put on some music and dance your name!

Level 2: Write down the movement for each letter of your first name. Put on some music and dance your name!

Level 3: Use your whole name. Put on some music and dance your name!

Challenge: Perform it for someone! Your teacher would love to see a video, send me an email! 📧

Letter = Movement

- A-** Run
- B-** Jump
- C-** Slide
- D-** Skip
- E-** Swing arms
- F-** Hop
- G-** tip-toe
- H-** Flick fingers
- I-** Slither like a snake
- J-** Spin fast
- K-** Turn slowly
- L-** Bend legs
- M-** Stretch tall
- N-** Twist
- O-** tap your legs
- P-** Skip
- Q-** Freeze
- R-** Shake
- S-** Stomp
- T-** Clap
- U-** Move slowly
- V-** Balance on one foot
- W-** March
- X-** Tip-Toe
- Y-** Dance low to the ground
- Z-** Leap

Example: Nora

N- Twist

O- tap your legs

R- Shake

A- Run

Order of example movement:

Twist, Tap your legs, Shake, Run, repeat as much as you like!