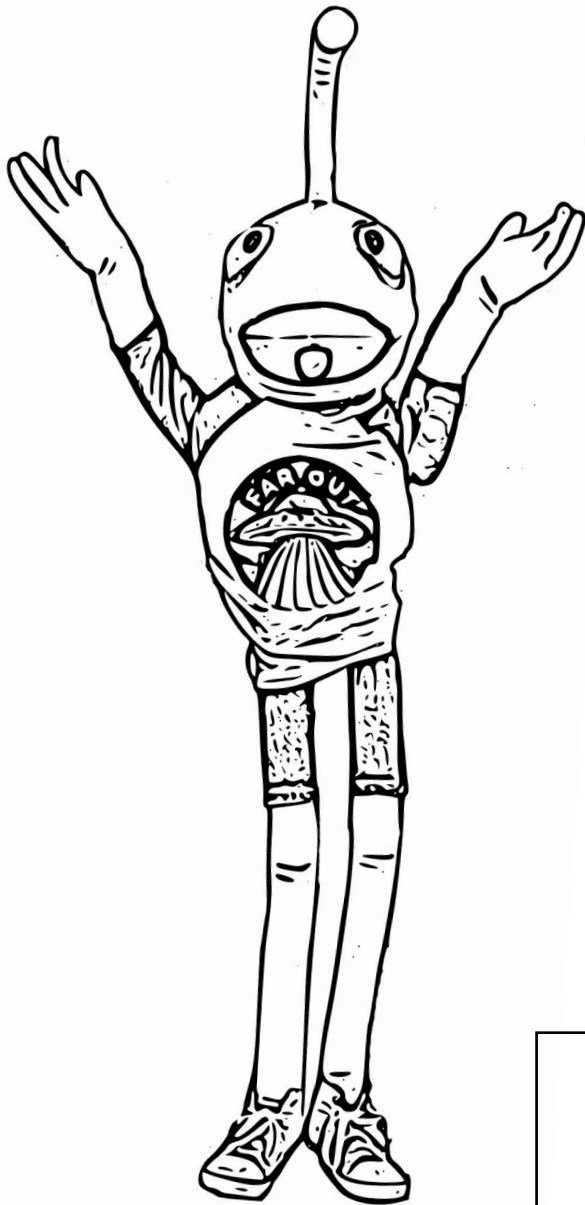




## Create Your Own Dance



### Directions to Choreograph a Dance

- Select a song and listen to it while standing
- Move your body to the music while you pay attention to the tempo (speed) and rhythm of the music, plus the way it makes you feel
- Then listen again and start creating movements to go with the song
- Listen as many times as needed to create moves for the whole song



For extra fun, add a prop (something you hold) to your choreography, or invite another to join you and work with them to create movements for more than one person

**Key movements in my dance...**