



## Create a Name Dance

### Directions to Choreograph Using Syllables

- Start by counting the number of syllables in your first, middle, and last name.
- Next, make up a dance move for each syllable of your name.
- Then, put the moves together and repeat some if necessary to make an 8 count.



For extra fun: Create 16 counts by repeating your moves, or invite your friends and family to join then create movements to the syllables in their names and add them to yours (increments of 4 work best)!

### Names & Syllables in my Dance...

