



# Dancercise

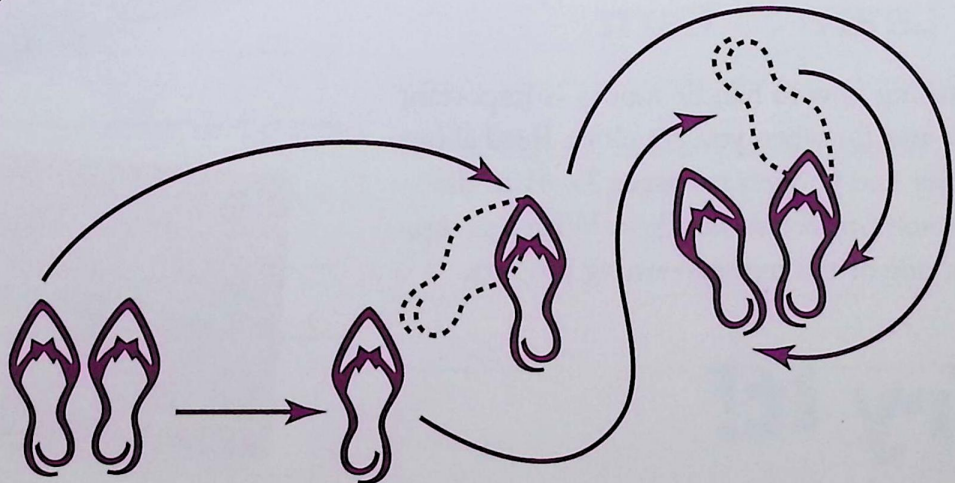
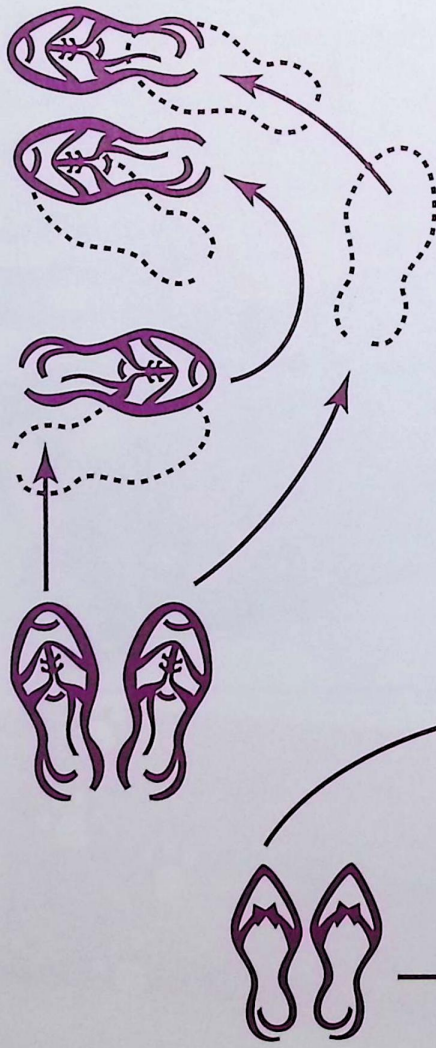
Dancing is a great way to exercise. Tap your feet, kick your heels, and spin around while you combine dance and exercise.

## 1. Move to the Beat

Practice these movements to your favorite music:

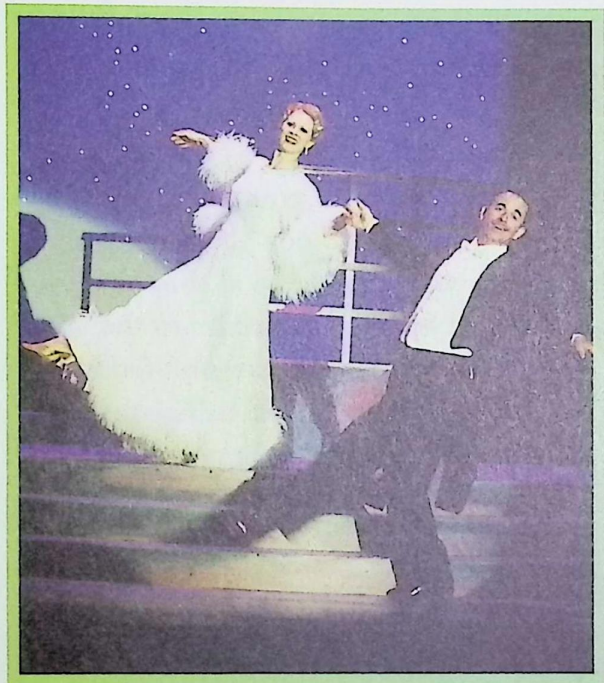
1. March in place.
2. Step forward and backward and swing your arms to the sides.
3. Step sideways and swing your arms in circles.
4. Put your hands on your hips and move from side to side.
5. Walk in a circle, lifting your knees very high while clapping your hands.

Make up some of your own moves. Do them for at least 10-15 minutes.



## 2. Dance on Stage

Watch a dance performance at a theater or community center, on an outdoor stage, or on television. What parts of the dance can you imitate?



## 3. My Own Dance

Make up a dance to your favorite song. Teach this dance to other girls.

## 4. Dance Party

Have a dance party with a group of friends.

You will need:

- Records, tapes, or CDs.
- A record player, CD player, tape player, or radio.
- Snacks.

1. Pick a time and place for a get-together with your friends.
2. Decide on the music. Each girl can bring her favorite dance music.
3. Teach each other dance steps.
4. Have a healthy snack for energy.

## 5. Follow the Leader

Take turns with other girls in being the leader in your troop. The leader should call out a movement and show everyone how to follow it. You can do these movements to start: climbing a ladder, reaching for the sun on tiptoes, moving like a windmill, touching toes with knees slightly bent. Think of others you can do.

## 6. A Dance Story

Use dance to tell a story. Use movement to express feelings such as fear, excitement, sadness, or surprise.

# Try It!