



Discover Dance

Create-a-Dance

Items needed: Dice

1. Directions: Alternate between rolling 1 and 2 dice.
2. List the number rolled and action that matches the number in the spaces provided.
3. Put the movements together to create your own one-of-a-kind dance!

Key:

1 - Leap
 2 - Pose
 3 - Turn

4 - Jump
 5 - Freeze
 6 - Move Fast

7 - Move Slow
 8 - Shake
 9 - Melt

10 - Roll
 11 - Stretch
 12 - Rise

Number:

Action:

