

Let's Dance!

PRACTICE RECITAL VIDEO/MUSIC 10 MINUTES	FIND & FOLLOW US ON INSTAGRAM/FB	32 COUNTS OF IMPROV IN FRONT OF SOMEONE	SHARE A POST FROM OUR BLOG, FB, AND/OR IG	PERFORM RECITAL DANCE FOR SOMEONE WHO ISNT FAMILY
WATCH A DANCE MOVIE	DESIGN A DREAM DANCE COSTUME	10 BURPEES 10 SIT UPS 10 JUMP JACKS X3	PRACTICE YOUR SPLITS FOR 10 MINUTES	CREATE A DANCE AT HOME
10 MINUTES OF QUIET ALONE TIME	3 RANDOM ACTS OF KINDNESS	<i>Free</i>	TAKE A SOCIAL MEDIA BREAK	SET A DANCE GOAL YOU CAN ACCOMPLISH BY FALL
FIND A STAGE DANCE ON IT	PRACTICE YOUR PERFECT BALLET BUN	ACTIVELY STRETCH FOR 10 MINUTES	HUGGED MY PARENTS	RESEARCH A DANCE LEGEND
PRACTICE RECITAL DANCE(S) 4 DAYS IN A ROW	SPEND SOME TIME WITH NATURE	DECLUTTERED MY SPACE	HOLD A 1 MINUTE PLANK WITH SOMEONE	TELL YOUR STORY SHARE WHY YOU DANCE WITH SOMEONE