

BROWNIE: DANCER

Hey Girl Scout! Do your feet start to tap when you hear a great song? Get ready to jump up and move to the beat in this badge. You'll learn fun warm-ups, perform steps from new dances, and make a dance of your very own. When you've earned this badge, you'll have explored the world of dancing – and found the dancer inside you!

Step 1: Warm up and get moving

1. Let's make sure our bodies are ready to move! We are going to learn some stretches and dances moves to help your body get ready for the dancing we will be doing later.
2. Put on music, stretch and warm up your body. Do you ever do warmups?
 - a. Start by doing stretches for arms, wrists, legs, ankles, feet, back, and neck.
 - b. Next, do different motions around the room like walking, running, jumping, skipping, hopping, leaping, sliding, bending, lifting, rolling, twisting, and turning.
 - c. Finally, move around like different animals. Have the girls move like a rabbit, crab, frog, cheetah, kangaroo, and snake.

Supplies:

1. Speaker
2. Music

Step 2: Try a new dance/ Step 3: Take to the floor like a dancer

1. The world is full of snappy rhythms and amazing dances – from Chinese dragon dances and Latin cha-cha to West African welcome dances and all-American country line dancing. Dancers use their entire bodies – from the balls of their feet to the smiles on their faces – to express the music and make sure the audience is having as much fun as they are.
2. Have an adult help you find a dance video online that you like.
3. Play the video and follow the dancers on the screen.

Supplies:

1. Dance video
2. Computer

Step 4: Make up your own dance

1. You will be making up your own dance! Creating a new dance is called choreographing. For inspiration, you can either use your favorite book or your favorite song to help you create your dance moves.
2. Find a story book that you love. Read the story and then choreograph your dance to any music you want.

Supplies:

1. Music
2. Speaker
3. Storybook

Step 5: Show your moves

1. And now you get to be a performer! Perform your dance you choreographed for others at home.