



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:

