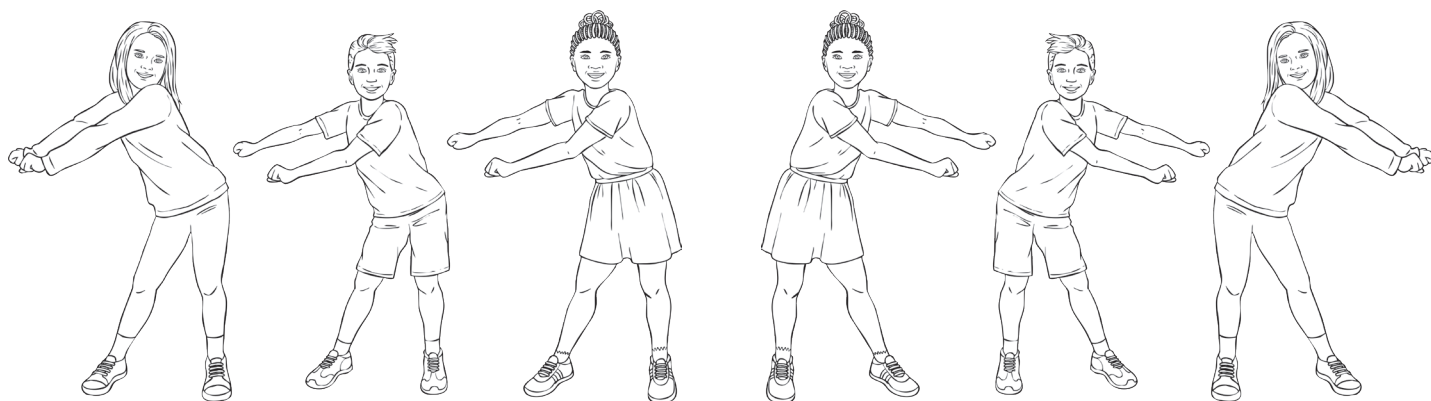


# Choreograph a Dance

Choreography is making up and putting together steps for a dance. Use this activity sheet to help you choreograph your own dance.

The first thing to do is decide on your style of dance. The type of steps you choose will depend on this. There are lots of different types of dance style; ballet, modern, tap, ballroom, jazz and hip hop are examples although there are many more.



Next you need to choose your music. Try to choose a piece that suits your style of dance.

You could use the Internet to find out dance steps that belong to your chosen style. However, here are some simple steps that you could use. Do them in the style of your dance type and make them match the music you have chosen.

## Forward and back

1. Move one step forward then two steps back then pause for one beat.
2. Move three steps forward then four steps back then pause for one beat.

## Side to side

1. Take two steps to your right.
2. Bend your knees twice.
3. Take two steps to your left.
4. Bend your knees twice.

## Turning

1. Take a step to your left and turn around to the count of four, make sure you are facing forwards by four.
2. Bounce on your heels four times.