

**Shine week**

**13th – 17th July**

**2020**

**Make up a dance**

**Why dancing is good for us? When you dance your body releases endorphins. This is a chemical that trigger's positive energy and good vibes! It helps improve our emotional state and reduces our perception of pain. So basically, dancing is your cure for happiness!**

**Why don’t you try to create your own dance? To do that you have to follow the next steps:**

1. **Keep it simple**
2. **Choose a catchy, lively song that motivates you to dance.**
3. **Split the song into sections (small chunks of the song).**
4. **Think about the dancing steps and moves you want for each verse (what body parts to use, speed, direction…)**
5. **Practice each part separately instead of trying to dance the song in one go.**
6. **Put it all together and ENJOY!!**

**The links below show you some dance move tips**

* <https://www.youtube.com/watch?v=4iZPv7GY_dc>
* <https://www.youtube.com/watch?v=Ojblhvzvjsk>