

SUPER TROOPERS

with



Top Dance Tips

Dancing is not only great for overall wellbeing and physical activity, but it helps with co-ordination and most of all, it's great fun! Super Troopers with Laya Healthcare has some top dance tips for your family to try

Before you begin...

Select a large space with enough room to move about. This can be outside or inside, depending on the weather. Choose some family-favourite music to dance to and keep the tempo of the music in mind – For warm ups, select music which has a slightly faster tempo to get the body really warmed up. For the cool down, select music with a slower tempo.

Warm up

Try this simple warm up to your favourite music to get started:

First Routine:

- Step forward on your right foot
- Step forward with your left foot (joining your right foot)
- Step back on your right foot
- Step back on your left foot (Repeat all)

This time, add in a click

- Step forward on your right foot and click at the same time
- Step forward with your left foot and click at the same time
- Step back on your right foot and click
- Step back on your left foot and click (Repeat all)

Second Routine:

- Step together to your right twice, leading with your right foot
- Step together back to your left twice, leading with your left foot (Repeat all)
- Now try it all from the top! Repeat a few times till you feel warmed up.



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Dance Ideas

Play Musical Statues – when the music stops, the last person to stop has to do a dance, which everyone has to copy.

Dance in a line – dance one behind another, or dance in rows.

Dance in a circle, for example:

- Everyone can take a turn doing a dance move
- Pass a dance move around the circle
- Do a dance move together

Free Style – pop on your favourite family song and dance free style. Remind your child to think about moving different parts of their body – legs, arms, hands, feet, hips, head, shoulders.

Create a Family Dance – make up a dance routine together as a family. Ask your child to think about moving in lots of different ways, for example:

- Stepping forwards, backwards or sideways
- Jumping forwards, backwards or sideways
- Clicking fingers
- Clapping hands
- Turning
- Stepping and clicking together
- Moving with hands on hips, or in the air
- Linking a partner and moving

Cool Down

Put on a slow tempo song.

Raise your hands slowly above your head and then slowly let them drop down in front of your body, leaving them loose in front of you. Then try this cool down movement 3 times:

- Stand legs slightly apart, with your arms extended at shoulder height.
- Bring your arms in slowly towards the middle of your body, breathing in as you do so, counting 1-2-3.
- Then, breathing out to 1-2-3, bring your arms back out.

