

# Dance

Try your hand at many dance styles and steps. Step, tap, and whirl your way through the activities for this badge.



## 1. Watch Their Moves

You can learn a lot about dance by watching how people (and animals) move. Watch two of the following and use your observations to choreograph or design an original dance:

- A group of young children playing
- Animals in a zoo, such as monkeys, elephants, birds, seals, and reptiles
- People on a crowded bus or train, some on their way to or from work
- Dancers rehearsing in a yoga, ballet, or modern dance class
- An athletic team warming up and playing a sport

## 2. Moods and Moves

Watch how people move when they are sad, happy, angry, or lost in thought. Use mood and movement to portray a story or scene through dance.

## 3. Step, Stamp, Stomp!

Tap dance—sometimes called dancing on the “souls” of your feet—is a form of dance that accents fancy footwork. With the help of a tape, books, or a class, learn three of these basic tap dance steps: step, stomp, scuff, brush, and leap. Practice on your own or with a buddy. Wear tap shoes or shoes with hard soles.

## 5. Dance Around the World

Explore the dance of a country other than your own. Not sure where to start? There are Latin dances such as the *cha-cha*, *rumba*, *tango*, *merengue*, and *salsa*; the Spanish *flamenco* dance; folk dances, such as the Polynesian *hula*, Israeli *hora*, Russian *kazatzka*, Polish *mazurka*, and Italian *tarantella*; High Life jazz dances of West Africa; and classical Indian or Indonesian dances. Learn the steps of at least one of those dances well enough to teach it to a friend or group.

## 6. Lines and Squares

In line dancing, dancers are arranged in a line, side by side. Each person performs intricate steps to the beat of music. In square dancing, groups of eight form a square, with each person with a partner, in starting position. A square dance “caller” calls out the patterns to perform and all the partners follow. In your troop or group, attend or put together your own square dance or line dance. Invite friends and family of all ages.

## 7. Country and Western Dancing

Country dancing is fast-paced and musical. Some of the dances that make up country dancing, such as kicker dancing, cowboy dancing, and Western dancing, can be done in couples or as line dances. “Partners” dress in cowboy fashion, from boots to hats. Create a country and western theme dance event, with décor and food to match.

## 4. Dance Watcher

Attend a dance performance, watch one on TV, or observe a dance class. How do the dancers’ movements match the music? Do the costumes make it more interesting? What did you like most?

## 8. Belle of the Ball

Ballroom dances have steps that make up a “figure.” Once the figure is learned, ballroom dancers work at repeating the figure more gracefully or with added steps. Learn one classic ballroom dance, like a waltz, fox trot, or box step.

## 9. Dance Through the Decades

Swing dancing peaked during the “Big Band” era in the 1940s and 1950s. Rock and roll in the 1950s and 1960s introduced new dance forms, as did disco music in the 1970s. Do some dance research. Ask older relatives and other adults about the dance forms of their youth—were they 50s swingers? 60s twisters? 70s disco queens? Hold a theme night with your troop or a family dance night.

## 10. Dance Party

With your troop, group, or others, hold a dance party. Choose a place that is safe, spacious, and won’t be too loud for the neighbors. Try to involve all of the guests in the dancing. If one of the guests has a physical disability, think of ways to include her. Pick someone to act as disc jockey (“DJ”) and select and arrange all the tapes and CDs. Be sure to test the sound system ahead of time.

