

DANCING DICE GAME

Roll the dice to create your own unique dance!

Each roll of the dice gives you a new dance move. Follow the instructions below and throw some shapes. Dance to music or your own rhythm, alone or with friends. Use your imagination and maybe make up some moves of your own...



IF YOU THROW A...



- 1.** Around the World – Balancing on one foot, spin around, drawing a big circle above your head with your arms.
- 2.** Leaping Frog – Crouch down on the ground and jump up in the air, with your arms out wide, repeat this move twice.
- 3.** Tippy Tap – Stand with your hands on your hips, tap your foot in front of you, to the side and behind you. Repeat with the other foot.
- 4.** Rollin' – With your hands in fists, bend your arms out in front of you and roll one over the other, repeat four times and then roll them backwards.
- 5.** Hip Hop – Stand on one leg, with one arm straight over your head. Hop five times and punch the air each time. Repeat on the other leg.
- 6.** Freestyle Twist! – Go wild and try whatever moves feel fun. Try something different every time you throw a six.



CAN YOU REMEMBER? CAN YOU LINK ALL OF YOUR DANCE MOVES TOGETHER, WITHOUT USING THE DICE?