



## ALPHABET DANCE CHALLENGE

USE YOUR NAME TO CREATE YOUR OWN DANCE WORKOUT

Write down your name. Look at the actions and letters below and try the actions for the letters in your name. If the action is short you could repeat it a few times.

ALEXIS would be:

- A** Snap like an Alligator
- L** Leap across the room
- E** Stomp like an Elephant
- X** Sideways jumps down a Xylophone
- I** Dance like an Ice Skater
- S** Skip with a partner or toy

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|--|---|
| <b>A</b> Snap like an Alligator            | <b>N</b> Nod your head                                  |
| <b>B</b> Tip toe walks like a dancer       | <b>O</b> Open your arms and legs wide                   |
| <b>C</b> Crawl like a Cat                  | <b>P</b> Create a Pose                                  |
| <b>D</b> Reach up and Dive                 | <b>Q</b> 8 Quiet jumps                                  |
| <b>E</b> Stomp like an Elephant            | <b>R</b> Reach to each corner of the room               |
| <b>F</b> Flex and point your Feet          | <b>S</b> Skip with a partner or toy                     |
| <b>G</b> 4 Gallops sideways                | <b>T</b> Turn   |
| <b>H</b> Hop on one leg and then the other | <b>U</b> Curl Up into a ball                            |
| <b>I</b> Dance like an Ice skater          | <b>V</b> Pretend to play the Violin standing on one leg |
| <b>J</b> 8 big jumps                       | <b>W</b> Wiggle   |
| <b>K</b> Kick your legs                    | <b>X</b> Sideways jumps down a Xylophone                |
| <b>L</b> Leap across the room              | <b>Y</b> Big yawn gesture                               |
| <b>M</b> March in a circle                 | <b>Z</b> Zig Zag run                                    |