

Dancer Badge

Purpose: Explore the world of dancing—and find the dancer inside of you.

Step 1. Warm up and get moving

Do one stretch for each of these body parts: arms, wrists, legs, ankles, feet, stomach, back, and neck. Then make each letter of the alphabet with your body. Try it with your family. For more fun, do your warm-up to a song!

Step 2. Try a new dance

Try “dancercise.” Some exercise classes use different kinds of fast-paced dance moves called dancercise. Choose one—such as Zumba, Jazzercise, or step aerobics—and learn a dancercise routine. With an adult, do some online research for dance workouts for kids. YouTube is a resource with many video examples.

Step 3. Take to the floor like a dancer

Team up with an adult to find performance tips online. Once you’ve found tips to help you, practice at home with family members. Look up some of these dances: the Twist, the Macarena, the Hand Jive, the Mashed Potato, the Achy Breaky Heart, the Chicken Dance, the Locomotion, and the Electric Slide.

Step 4. Make up your own dance.

Make up a dance to your favorite song. Create steps from your imagination, or find cool steps from different dances and put them together.

Congratulations! You’ve earned the Dancer badge!

Girl Scout Brownies

