

# KEEP ACTIVE AT HOME WITH UDOIT DANCE FOUNDATION

It's really important we keep learning and keep active at home. If you have been given this task sheet, you are in for a super fun challenge that will give you new skills, get your body moving and we guarantee you will have a lot of fun! Please share your progress with your friends, family, teachers and also us @udoitdancefoundation

## Getting Started:

- Find yourself a room in the house with enough space to move without hitting any objects/ furniture
- Put on some comfy non- restricting clothes
- Use your smart phone/ tablet to scan the QR code, you can then airplay this video to your TV if you have the function to do so

## Learning Objectives:

- Learn how to move to the beat of the music
- Be able to 'Groove' to the music
- Progress on to learning 6 Counts of 8 Choreography to music

(1)



SCAN ME



(2)

SCAN ME



## GROOVES WITH PIERRE

1) Participate in the "introduction to grooves" lesson, remember to pause & rewind the video when needed (QR Code 1)

2) How did you find this lesson? (**EASY / ABOUT RIGHT / CHALLENGING/ TOO HARD**)

3) If you found the lesson Easy or About Right, **progress** on to the Beginner Street Dance routine which builds on the grooves learnt in this tutorial (QR Code 2)

4) How did you find this routine? (**EASY/ ABOUT RIGHT / CHALLENGING/ TOO HARD**)

5) Take a picture/ video of you doing the routine, use the template and send to your teacher

**CHALLENGE:** Can you add on your own 8 counts to this routine?