



Miss Whiting's Dance Challenge



Contents:

| | |
|--------------------------------|---------------|
| <i>Street Dance.....</i> | <i>Page 2</i> |
| <i>Contemporary Dance.....</i> | <i>Page 3</i> |
| <i>Haka.....</i> | <i>Page 4</i> |
| <i>Dance Workout.....</i> | <i>Page 5</i> |

Street Dance:

Time- Starr Keily choreographed by Ashley Banjo

- If you are in Year 7 or Year 9, try this street dance routine that was choreographed by Ashley Banjo from Diversity.
- If you are in Year 8 and you have completed dance in your PE lessons, try to learn section 2 and 3 of this dance routine.

<https://www.youtube.com/watch?v=ivVFT8K-7yc&t=125s>



Intentions- Justin Beiber choreography by Jasmine Yeung

- Try this tutorial by Jasmine Yeung.

<https://www.youtube.com/watch?v=Fo9Kr11P064>



Contemporary Dance

- Watch this video that 2 dancers created about their experience of coronavirus:
<https://www.youtube.com/watch?v=DCPNhvetQy8>
- Create your own dance of 4-8 bars (4-8 counts of 8), using movements to express different emotions and events that you have experienced throughout the Year 2020.
- You could choreograph this as a solo piece or as a family or FaceTime your friends and work as a team for this.



Use the following emotions and events to inspire your dance:

- Loneliness
- Worry/ Stress
- Isolation periods
- Not being able to attend school or see families
- Christmas 2020
- Changes to rules or tiers

HAKA:

- Watch this video of the All Black's doing The Haka:
https://www.youtube.com/watch?v=yiKFYTFJ_kw
- Create your own Haka routine and perform this in front of your family or friends.

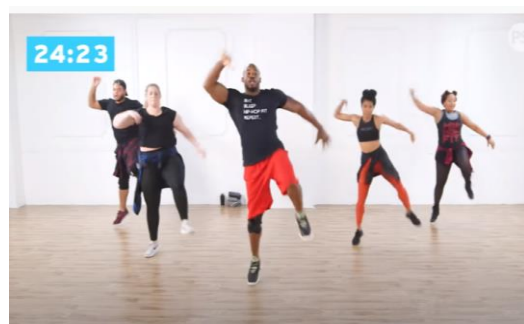
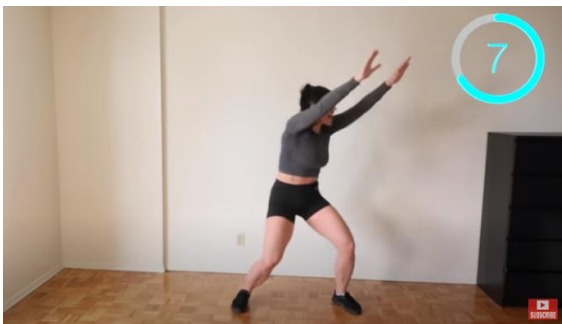


Dance Workouts:



Mamma Mia Dance Workout-
<https://www.youtube.com/watch?v=lr6WPH7CQm8>

The Greatest Showman Workout-
<https://www.youtube.com/watch?v=nM23HcM6CzY>



High School Musical Workout-
<https://www.youtube.com/watch?v=J-9-BgHgo4c>

Hip- Hop workout-
<https://www.youtube.com/watch?v=ZWk19OVon2k>



Latin Dance Workout-

https://www.youtube.com/watch?v=8DZktowZo_k



Tik Tok Dance Workout-

https://www.youtube.com/watch?v=SoRmqE7A_IE