



Week 2.

Commonwealth Games Dame Darcey Dance Challenge

“Join in the fun with me and let’s celebrate dance from all over the world.

These easy to follow moves will have you dancing and enjoying being active in no time, giving you the confidence to explore your creativity.”



Dame Darcey Bussell DBE
Former Royal Ballet Principal Dancer and Founder of DDMIX for Schools

Your challenge: **Dance like Dame Darcey**

There are so many dance styles out there that it’s very hard to pick a favourite!

Dancing is great for your mental and physical health, making it such a fun way to keep fit!

Dance fitness programme DDMIX have created this challenge to give you a taste of some different styles of dance inspired by some of the Commonwealth countries.

Are you ready to get your groove on?

What you’ll need:

- Sensible shoes / bare feet
- Clear space to move
- Music (optional)





Let's dance!

Try out these three movements separately and then put them together to make a full Commonwealth medley!

Move 1: Australia. Flap Like an Emu!



Put your feet together and bend your body forward. Open your arms sideways (as if they were emu wings!). Try to raise your arms to make them level with your shoulders, then release them back down to your sides. Repeat this 8 times!

Change it up: You could try stepping sideways and closing your feet at the same time you open your arms!

Move 2: India. Lightbulbs!



Get ready for your Bollywood debut! Reach both arms upwards and put your hands in a shape as if you are about to unscrew a lightbulb. Now bend your elbows as if you are pulling the lightbulb out. Repeat this 8 times!

Change it up: You could try bending your knees at the same time you pull your elbows down, or step sideways and close your feet to each side at the same time you do the arm action.

Move 3: UK. Hand Jive!



Stand with your feet apart and clap your hands twice above your head. Now bend your knees and pat your legs at the same time – do this twice. Cross your right hand over the top of your left hand twice and do this again, but with your left hand on top of your right hand. Repeat this 8 times!

Now you have mastered each move, do all three together to make your full dance sequence!

Tips for success

Try doing the movements first to slower music, then when you're feeling more confident you can dance along to a more upbeat fast-paced song!

Change to suit you

Space – Make the most of your space! For example, you could move up and down your hallway or dance around your garden.

Task – You could add in or take away moves to create your sequence. You could even change the speed of your movements, such as performing in slow motion or at a faster speed.

Equipment – Try listening to some different songs as you dance! You can also introduce a safe object to use in your sequence, such as a ball, ribbons, or a soft toy.

People – You can do the sequence on your own or as part of a group. If a friend or family member joins you, you could try your hand at copying their moves!