



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

When you think of dance, there are so many styles out there it’s hard to pick a favourite.

With our dance-inspired challenge from DDMIX you’ll get a taster of several different styles and genres that will encourage great coordination, musicality and lots of fun.

Dance is fantastic fun but it’s also great for your mental and physical wellbeing. We’ve included a selection of DDMIX movements inspired by some of the Commonwealth countries and we’d love for you to have a go!

What you’ll need:

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





How to play:

Make your very own Commonwealth medley! Try out the three movements below and then put them together to make a full dance. You could practice a different movement each day, or learn them all together. You can do these sitting down too. Choose a fun tune to practice your moves to!

Move 1: Australia. Flap Like an Emu!



With your feet together, bending your body forward, open your arms sideways as if they were wings. Try and reach your arms so they are level with your shoulders, then lower them down to your sides. Repeat 8 (times?). Option to step sideways and close your feet at the same time as opening your arms.

Move 2: India. Lightbulbs!



You are practising for your Bollywood film star role!! Reaching both arms upwards, shaping hands as if about to screw a light bulb. Now bend your elbows as if pulling out the light bulb. Repeat 8 times. Try bending your knees at the same time as pulling your elbows down. Option to step sideways and close your feet to each side, whilst repeating the arm action.

Move 3: UK. Hand Jive!



You are reliving an iconic dance move! Standing with your feet apart, clap your hands twice above your head. Now bend your knees and pat your legs at the same time, twice. Now cross your right hand over the top of the left twice and then repeat with the left hand on top of the right. Repeat the sequence 8 times.

Now put these 3 moves together in your sequence.

Keys to success

Try doing the movements first to slower music, then when you're feeling more confident add in arms/feet accordingly and even try to music with a quicker tempo.

Energy boost

Spell the name of a Commonwealth country of choice using your body to create the shape of each letter. Get creative - which different parts of your body can you use to create the letters? Invite your family and friends and see if you can make the letters together!

Feeling inspired?

We have many more DDMIX dances inspired by countries from around the world and from different decades in history. Try our DDMIX free taster class by visiting our YouTube channel or see what different dance activities are on in your local area.

Space – Use the available space: for example up and down your hallway or in the garden.

Task – Try more/fewer moves to create your sequence. Can you change the speed of your movements, e.g. perform in slow motion or higher speed?

Equipment – Try using different songs to move to. Can you introduce a safe object to perform your dance, such as a ball, ribbons, soft toy.

People – Move on your own or in a group. Can you copy a friend or family member's moves?