

# AT HOME DANCE PARTY



Have a YMCA Camp Kitaki Dance Party! Dancing is a great way to get moving and have some silly fun. Gather the family together and create some memories. Sometimes we can all feel a little apprehensive about dancing, but we can all have fun doing it! To help ease apprehension, we find it best to get started with a few easy to catch on dances, then do some ones where the song dictates the moves, and then finish up with a few tunes that you love where people can move however they like! For dances in this category you can also appoint a dance leader who sets the moves and have the rest of the family copy them. Then switch the leader every 30 seconds or so! Remember to sing along with the songs at the top of your lungs if you are with your own family cohort, or invite the neighbors over for an outdoors, distanced, masked driveway dance party!

## Easy to Catch on Dances:

- [The Bunny Hop](#): Stand in a line and put your hands on the shoulders of the person in front of you. Kick your right foot out twice ("put your right foot forward"), then your left foot out twice ("put your left foot out"), then jump forward once ("do the"), then backwards once ("bunny hop"), then jump forward three times (hop, hop, hop). Repeat. The person in the front of the line gets to decide where to go.
- [The Chicken Dance](#): Stand in a circle. Make beaks with your hands and go cheap cheap cheap, make wings with your arms and go flap flap flap, then you wiggle wiggle wiggle, then you clap clap clap. When the music changes put your right arm into the circle to make a star and walk around to the left for 8 counts. Then switch and put your left hand in the middle of the circle to make a star and walk around to the right for 8 counts. Then you do your left hand again, then you do your right hand again, then you go back into the cheap cheap cheaps. The music has no lyric cues, but the link has a dancer that can show you the moves!

## Intermediate They Tell You What to Do Dances:

- [The Cha Cha Slide](#): Just stand in line and follow along as Casper tells you what to do!
- [The Cupid Shuffle](#): This is a simple line dance. Step to the right, then step to the left, then kick your feet, then dance as you turn a quarter to your right.
- [Watch Me \(Whip/Nae Nae\)](#): This one has a few different moves that are called out throughout the song. The video will show you what to do!

## Dance as you Please Tunes!

- [Shout by the Isley Brothers](#): Do your own dance, just make sure you jump up every time they say shout!
- [Can't Stop the Feeling from Trolls](#): Need some ideas on how to move, just watch the video! It's full of people having a lot of fun dancing!
- [Party in the USA](#): Throw your hands up in the air whenever you feel like it!
- Play your favorite tune to dance to next!