

# Creative Dance Guidelines

Do your best! Your participation and conduct grade will drop if you do not work well with your group or follow instructions for our Creative Dance unit.

1. You must **pick three of the dances from the video(s)** shown to use in your dance. **NO MORE THAN THREE CAN BE USED.**
2. You should have **12 total dance moves minimum. Once you've done the 12 moves you can repeat them.** You can have as many dance moves above 12 as you want. One dance move from each of your teammates can be used.
3. You need to have a **starting formation** (where you will stand to start your dance) and an **end pose or solid ending.**
4. **Every dance move last for an eight count.** Remember to switch up your dance at least every two eight counts.
5. **Must dance until song is finished.**
6. **Once dance is complete and you've shown the coaches your entire dance from beginning to end,** you may free style (approved break dancing, approved flips, etc.). **No more than 2 eight counts (16 beats) can be used to free style as a group. Everyone one who is not free styling must still be dancing together in background.**

**\*REMEMBER SAFETY FIRST- NO JUMPING OVER ANYONE DURING YOUR DANCE! \***