



## Dancer



## Badge Overview

Do your feet start to tap when you hear a great song? Get ready to jump up and move to the beat in this badge. You'll learn fun warm-ups, perform steps from new dances, and make a dance of your very own!

## Badge Components

### 1. Warm up and get moving

It's important to stretch and warm up your body before dancing, and yoga is a great way to do that!

- Earn this step by trying out each of the poses in this [graphic](#).
- Don't forget to switch sides and try the pose on the other side!

### 2. Try a new dance

Earn this step by trying out this "dancercise" [video](#) to get some exercise while learning new moves! It's ok if you have to try it a few times to get the moves down; practice makes perfect!

### 3. Take to the floor like a dancer

There's more to being a dancer than getting the steps right! In 1930, Girl Scouts earning their Dancer badge had to demonstrate both a curtsy and deep curtsy, the proper carriage in walking, and the correct standing position.

- Earn this step by practicing your posture the old fashioned way, by learning to walk with a book balanced on your head! It was believed this would teach young ladies how to keep their back straight, elongate the neck, and keep the eyes facing forward.

### 4. Make up your own dance

Earn this step by creating your own dance to your favorite song!

- Use moves you know as well as new ones you create, and make sure you remember them for the next step!
- HINT:** Write down or video your dance to help you remember and perfect your moves.

### 5. Show your moves!

Earn this step by sharing your new dance with others!

- Put on a performance for your family, and then host a dance class to teach them the moves so they can join in!
- BONUS!** Take a video of your dance to be able to watch yourself and share it with others.

## Materials

- Access to internet
- A book
- Phone or video camera
- Something to write with

## Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

**Click here** for more information on how Girl Scout Badge-work supports Florida's educational standards.



We love to see Girl Scouts in action. Snap a photo and send it to [marcomm@gssef.org](mailto:marcomm@gssef.org).

Include her name, troop# and the name of the badge she's working on and we'll feature her.

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